

Help to Live Your Best Possible Life

With **myStrength by Livongo** you get a personalized program to help with stress, anxiety, sleep, and much more.



**GET
STARTED**



Text **“GO BLUECROSSMI-START”** to **85240** to
learn more & join

You can also join by visiting strength.livongo.com/BLUECROSSMI-START/register or call **1-800-945-4355** and use registration code:
BLUECROSSMI-START

The program is offered at no cost to you and your eligible dependents (age 13 and older) with coverage offered through your Blue Cross Blue Shield of Michigan, Blue Care Network health plan.

We take your privacy seriously. Your identifiable health information is protected through federal and state laws, including Health Insurance Portability and Accountability Act, and will not be shared with any third party in a manner that violates federal or state law.

Livongo Health Inc. is an independent company contracted by Blue Cross Blue Shield of Michigan and Blue Care Network to provide behavioral health services to their members.