



Would you like to improve how you feel?

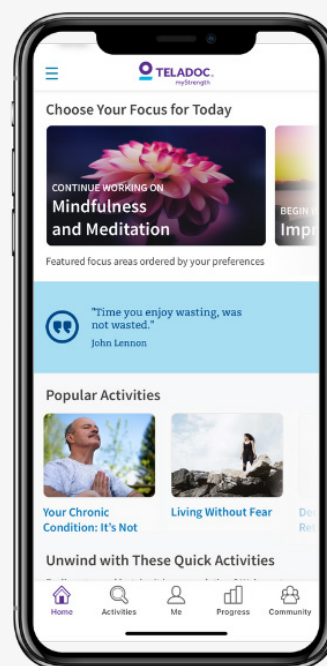
Stress less, sleep better, live happier

Managing anxious thoughts, easing stress, and improving relationships can help you enjoy doing more of the things you love.

Teladoc myStrength is a **FREE** self-help wellness tool for people aged 16+. Explore interactive tools, helpful tips, and engaging activities designed with you in mind. There's a personal guide to help you along the way, answering your questions, and directing you to videos and content most appropriate for your needs.

Topics include:

- Improving your mood
- Managing anxious thoughts
- Reducing stress
- Mindfulness & meditation
- Balancing intense emotions
- Improving sleep
- Managing chronic pain
- Moving beyond trauma
- Nicotine recovery
- Drug/alcohol recovery
- Pregnancy & early parenting



Get started today

How to access:

- 1) Download the 'Teladoc myStrength' App from the [App Store](#) or [Google Play](#), or
- 2) Access via a secure webpage: <https://app-eu.mystrength.com/signup/>

You will need to use the access code: **southyorkshirewellness** for either the app or secure webpage to get started.

For app access support, email Mystrength-UK@teladochealth.com