

Life can be hard.  
Finding support shouldn't be.



myStrength

myStrength is an online tool that helps teach you skills to feel happier, reduce stress, and confidently face life's challenges, big or small.

### Support on your terms

Work on your own or choose to share your story anonymously with the myStrength student community.

### Exercises for your mind

Explore activities based on effective methods like mindfulness and positive psychology.

### Ready to help when you need it

Between classes or at 3 a.m., myStrength is here for you 24/7.

Sign up for your free myStrength account at



Questions? Contact

Academic HealthPlans, Inc. (AHP) is an independent company that provides program management and administrative services for the student health plans of Blue Cross and Blue Shield of Montana. myStrength is an independent website for Behavioral Health sponsored by Livongo. You acknowledge that you are voluntarily accessing and using the resources found on the site and consent that Livongo may provide Blue Cross and Blue Shield of Montana with an aggregate number of individuals who accessed the website link. These resources are available to all members independent of any other services provided by Livongo and regardless of whether their health plan provides access to any other Livongo services.

Livongo is an independent company that provides a chronic disease management solution for Blue Cross and Blue Shield of Montana. Livongo is solely responsible for the products and services that it provides.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855-710-6984 (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 855-710-6984 (TTY: 711).

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