

New COVID-19 Mental Wellness Tools

Now, as always, Livongo is committed to empowering our Members to live better, healthier lives. That includes providing resources for managing heightened stress and uncertainty brought on by the current coronavirus (COVID-19) threat.

The new **COVID-19 and Mental Wellness** resources from Livongo for Behavioral Health powered by myStrength are now available to support our Members through these challenging times, at no cost to them.

Resources Include:



**Strategies to manage
heightened stress**



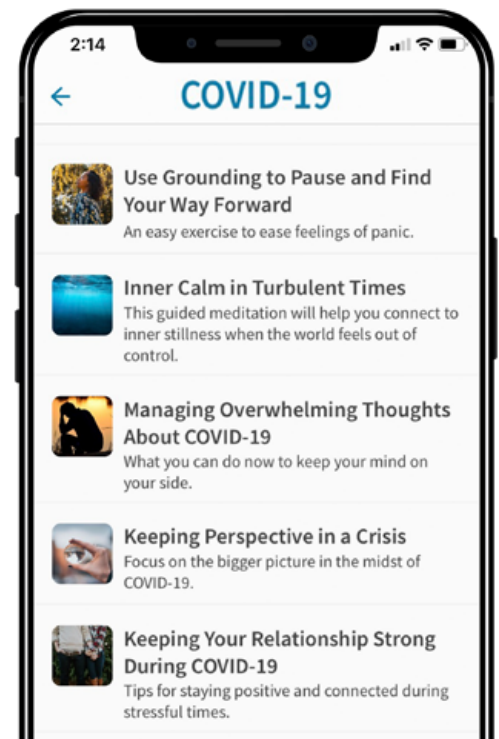
**Tips for parenting during
challenging times**



**Ideas to manage
social isolation**



**Other tools and information
for emotional support**



Getting Started Is Easy

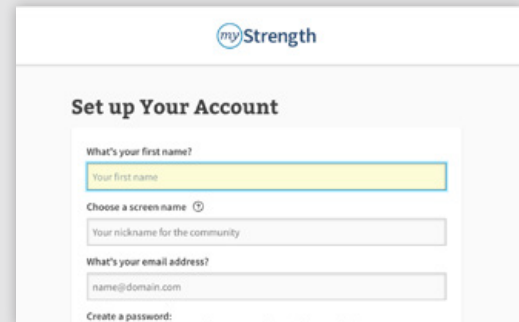
1

Visit [link for myStrength new users].



2

Create a free account.



3

Choose from over a dozen activities to help manage heightened stress brought on by the COVID-19 pandemic.

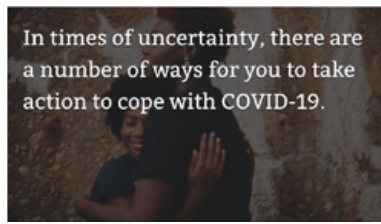
Staying Connected While Social Distancing

Make a plan to increase your feelings of connectedness.



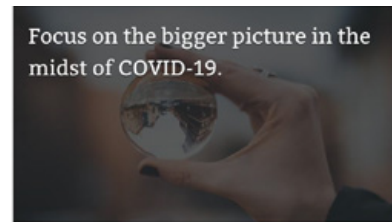
Coping Skills during COVID-19

In times of uncertainty, there are a number of ways for you to take action to cope with COVID-19.



Keeping Perspective in a Crisis

Focus on the bigger picture in the midst of COVID-19.



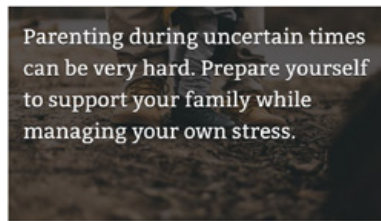
Changing Plans and Handling Disappointment

Ways to cope with unexpected changes.



Parenting in Challenging Times

Parenting during uncertain times can be very hard. Prepare yourself to support your family while managing your own stress.



Managing Overwhelming Thoughts About COVID-19

What you can do now to keep your mind on your side.

