

How to sign up for the free myStrength app

[myStrength](#) is a personalized, digital program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. You can track preferences and goals, current emotional states, and ongoing life events to improve your awareness and change behaviors. myStrength includes dedicated resources for coping during COVID-19.

Use the instructions below to sign up through your UC healthcare provider.

KAISER MEMBERS

1. Login to KP.org
2. Navigate to Health & Wellness (on the menu bar to the right)
3. Click the shaded box 'Mental health and wellness'
4. Click 'Wellness resources' (on the menu bar above the main menu bar)
5. Click the blue button "Try myStrength now" to sign up

HEALTHNET MEMBERS

1. Login to Healthnet.com
2. Navigate to Wellness Center
3. Click on myStrength
4. Scroll down to "Sign up today!"
5. Click on "Health Net myStrength" portal (you will get a message stating you are now leaving Healthnet.com)
6. (You will exit to the myStrength page)
7. Click "Sign up"
8. Note: the registration page will ask you for your Healthnet Member ID number

ANTHEM MEMBERS

1. Login to the Anthem.com member portal
2. Go to Care menu
3. Select Health & Wellness Center
4. Select Engage which will take you to the UC Vita site
5. On the UC Vita site, type myStrength in the search box and click to access and sign up