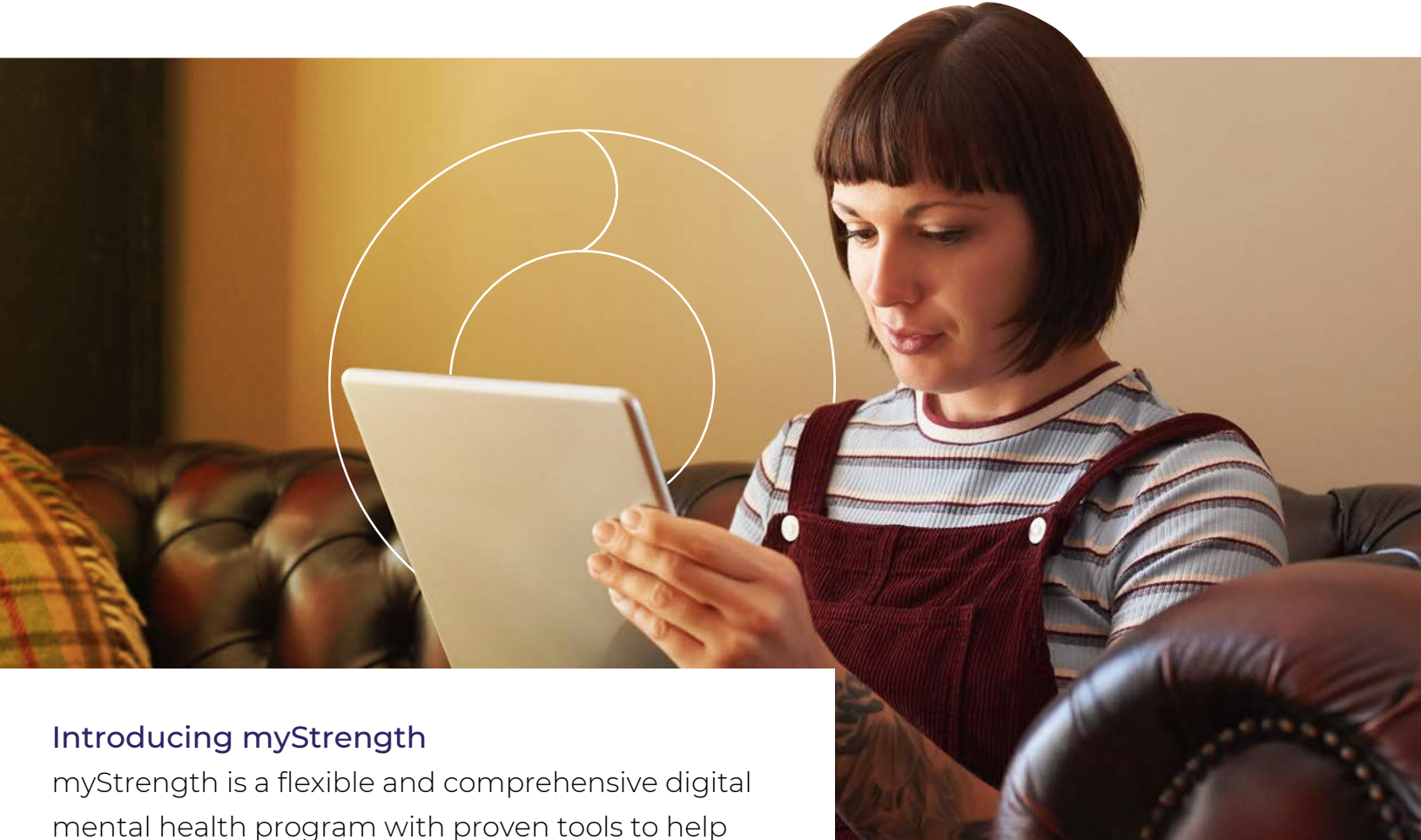


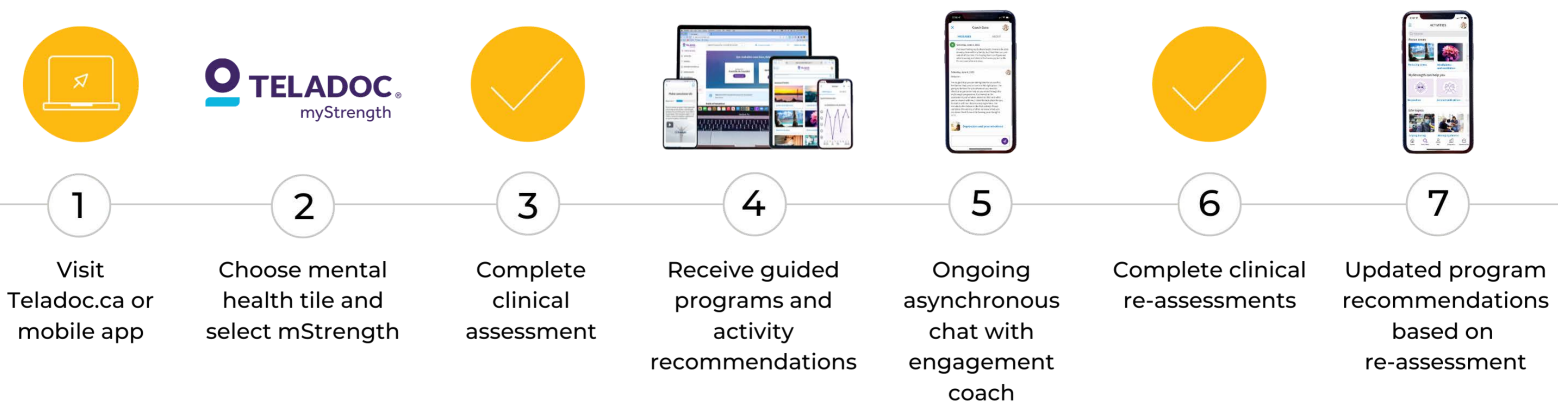
myStrength: bringing the most convenient mental health support

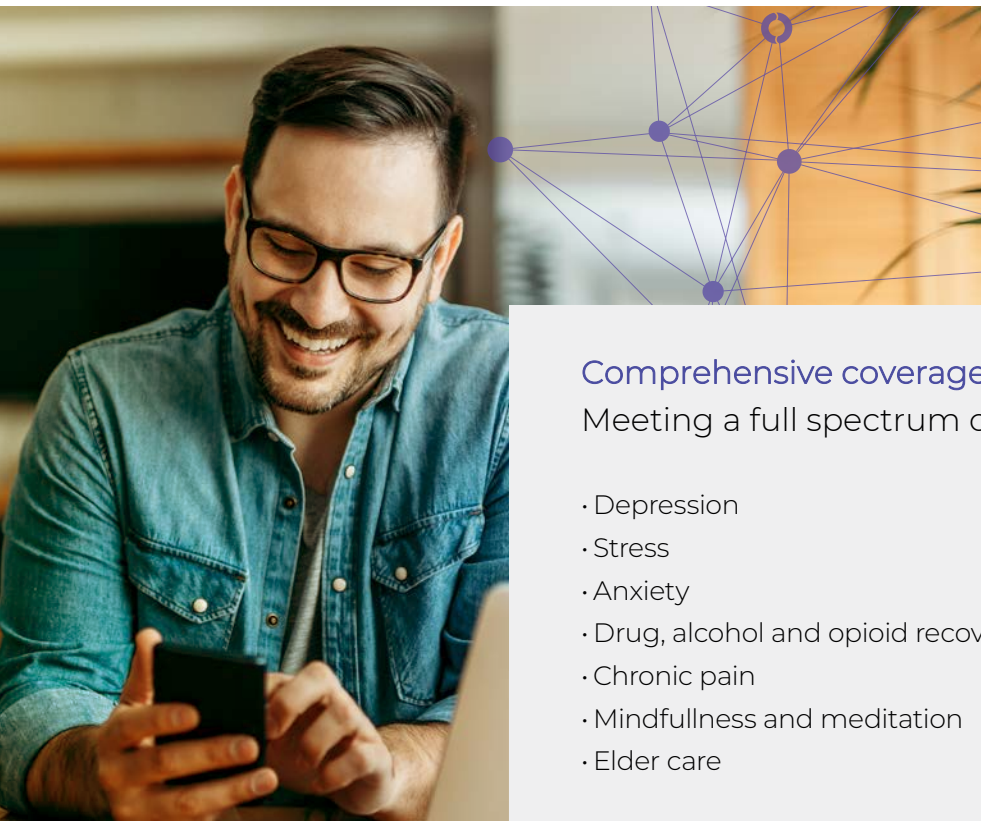


Introducing myStrength

myStrength is a flexible and comprehensive digital mental health program with proven tools to help you manage stress, depression, sleep quality, and more. Access anytime, all in one app.

How it works: Evidence-based digital self-care





Comprehensive coverage available at your fingertips!

Meeting a full spectrum of needs, including:

- Depression
- Stress
- Anxiety
- Drug, alcohol and opioid recovery
- Chronic pain
- Mindfulness and meditation
- Elder care
- 2SLGBTQIA+
- Insomnia
- Balancing emotions
- Weight management
- Smoking cessation
- Lifestyle topics (Parenting, relationships and more)

Dedicated support



Asynchronous in-app messaging with an engagement coach helps members navigate a personalized program of digital in-the-moment tools, activities, and resources based on their individual mental wellness needs and goals.

Proven impact

EXTENDS ACCESS¹

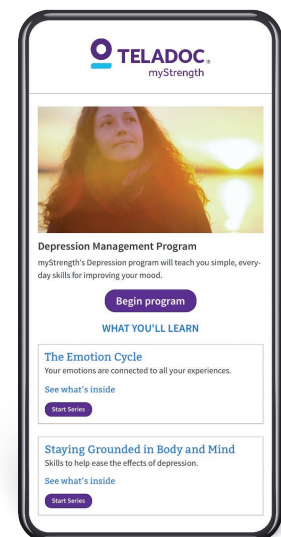
82%

AS EFFECTIVE AS
FACE-TO-FACE THERAPY

MEASURABLE CLINICAL
OUTCOMES²

▼ 55%

REDUCTION IN
DEPRESSION SCORES



Get emotional health support on the go with the **Teladoc app**.



¹Schladweiler, Krista, Abigail Hirsch, Ed Jones, and Luke B. Snow. 2017. "Real-World Outcomes Associated with a Digital Self-Care Behavioral Health Platform." October 31, 2017. Annals of Clinical Research and Trials, 1(2), 007. <https://sciononline.org/abstract/21630/Real-World-Outcomes-Associated-with-a-Digital-Self-Care-Behavioral-Health-Platform>

²Abhulimen, Sese, and Abigail Hirsch 2018. "Quantifying the economic impact of a digital self-care behavioral health platform on Missouri Medicaid expenditures." August 31, 2018. Journal of Medical Economics, 21(11), 1084–1090. <https://doi.org/10.1080/13696998.2018.1510834>

LEARN MORE: TeladocHealth.com | engage@teladochealth.com

About Teladoc Health: Teladoc Health is transforming the healthcare experience and empowering people everywhere to live healthier lives. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages more than a decade of expertise and data-driven insights to meet the growing virtual care needs of consumers and healthcare professionals.

