Teladoc HEALTH

# myStrength
# Frequently Asked Questions

### What is myStrength?

myStrength is a multi-condition digital mental health offering that addresses both clinical (diagnosable) and sub-clinical conditions (like stress). myStrength's evidence-based resources address 13 focus areas:

- Depression
- Anxiety
- Stress
- Sleep and insomnia
- Mindfulness and meditation
- Chronic pain
- Substance use disorders
- Drug, opioid and alcohol recovery
- Balancing emotions
- Nicotine
- Trauma
- LGBTQ+
- Lifestyle (Pregnancy, parenting, relationships and more)

### What are myStrength's programs based on?

myStrength's programs were developed using 8 evidence-based interventions:

- Cognitive behavioural therapy
- Behavioural activation
- Mindfulness
- Motivational interviewing
- Positive psychology
- Acceptance and commitment therapy
- Dialectical behaviour therapy
- Medication-assisted treatment (MAT) for opioid recovery

### What is coaching in myStrength and how does it work?

In the myStrength program, you will be able to interact with Teladoc Health expert coaches trained in mental health engagement via text through the app. Coaches will help you navigate through the myStrength programs and offer support in better engaging with myStrength.

### How do I know if myStrength is right for me?

Give it a try! myStrength offers a broad range of programs that suit the needs of those just curious about improving their mental health, to more detailed support for people who feel they would benefit from greater support. With many different programs offered on topics that range from insomnia to depression, myStrength can help teach learnable skills to better manage your mental health.

### Does myStrength really work; how can someone with intense back pain or an addiction to drugs get support from an app?

Yes. For conditions that require medication, they have been shown to be more effective and to have longer term effects when combined with psychotherapy techniques such as those offered in myStrength.

### What types of resources are available within myStrength?

- Interactive, self-paced learning activities and walkthroughs
- In-the-moment tools for coping
- Guided meditation exercises

### Is there a charge to use myStrength?

There is no cost to you to use myStrength.

### How does the program work?

myStrength can be accessed through the Teladoc app or website. Once signed in, you'll be asked to fill out a number of questions so that we can tailor recommendations specific to you and your needs. From there, you'll be able to begin programs and their associated activities at your own pace, however slowly or quickly you'd like to go!

## Get started today.

Teladoc.ca/mystrength | Download the Teladoc app

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