



Digital support for your emotional well-being.
Live your best life with myStrength.



HEALTH, HOPE, AND HAPPINESS

As life unfolds, every day can bring new challenges and opportunities. Fortunately, there are proven tools to help you make the most of the journey. With myStrength, you'll learn how to improve your mood, take control, and embrace the future.

MyStrength is a web program and mobile app for Quartz members aged 13+. Turn to myStrength for help with stress, anxiety, substance use, poor sleep, chronic pain, and more. MyStrength is uniquely yours. Take a short quiz and receive a guided program tailored to your needs and goals.

- ▶ Track your progress to stay focused.
- ▶ Engage in wellness activities.
- ▶ Find inspiration and stories of hope.
- ▶ Learn new skills.
- ▶ Build emotional strength and resilience.
- ▶ Develop healthy habits.

Questions?

Visit myStrength.com/r/quartz, email myStrength Member Support at customerservice@mystrength.com, or call Quartz Customer Service at **(800) 362-3310**.

Get Started



Download the free myStrength app. Available for iOS and Android – search for myStrength. Or, visit myStrength.com/r/quartz. Enter the code **Quartz** when prompted during account setup.

Message and data rates may apply.

