



Subject: New Health Program: myStrength by Livongo is Now Available at No Cost to You

Team,

We are excited to announce myStrength by Livongo, a new program being offered at no cost to you. This fully customized program helps with stress, sleep, anxiety, and much more.

Eligible Members: This is a benefit paid 100% by State Health Benefits Program and School Employees' Health Benefits Program (SHBP & SEHBP). That means it's offered at no additional cost to you and your family members (age 13+) with coverage through SHBP & SEHBP.



Here's what you get when you join:

- **A Completely Personalized Program:** Take a short quiz and get a fully customized program that's tailored to your needs and goals.
- **Helpful Tools & Resources:** Get 24/7 access to the myStrength app and web platform. Learn practical tips and techniques with hundreds of quick activities. Track mood, sleep, stress, goals, and more.

Enroll Today!: https://mystrength.com/go/stateofnewjersey/SHBP_SEHBP

If you have any questions about this program, please visit the myStrength website or reach out to myStrength Member Support at customerservice@mystrength.com.

Thank you!

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