



# Support for first responders

## Explore new self-care tools designed with you in mind

Being a first responder comes with unique challenges. So we worked with Livongo to develop a new library of resources specifically designed to support your mental health and emotional wellness. Kaiser Permanente members can access these tools by downloading the **myStrength app** – at no cost – right now.

## Helping first responders tap into the power of self-care

The myStrength app provides interactive activities, daily health trackers, in-the-moment coping tools, and more. These new personalized resources can help with things like:

- Understanding why self-care is so important for first responders
- Addressing stress, avoiding burnout, and managing emotions
- Setting goals for improving physical health and mental fitness
- Coping with the added stress of COVID-19 and social unrest

The services described above are not covered under your health plan benefits and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice.

myStrength® is a wholly owned subsidiary of Livongo Health, Inc., and is not available to Kaiser Permanente dental-only members.

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Download  
myStrength now at  
[kp.org/selfcareapps](https://kp.org/selfcareapps)

If you already have the app, just sign in to access the new first responder resources right away.