

# Feeling overwhelmed? Tap into the power of self-care.

Adult members can download 2 popular apps at [kp.org/wa/mhw](https://kp.org/wa/mhw)

These apps can help you build resilience, set goals, and take meaningful steps toward becoming healthier and happier. Choose the areas you want to focus on — including managing depression, reducing stress, improving sleep, and more.

- ☒ Evidence-based and effective
- ☒ Hand-picked by Kaiser Permanente physicians
- ☒ Confidential and easy to use



**Calm**

Calm is an app for daily use that uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality. With guided meditations, programs taught by world-renowned experts, sleep stories narrated by celebrities, mindful movement videos, and more, Calm offers something for everyone.



**myStrength**

myStrength offers personalized programs with interactive activities, daily health trackers to monitor and maintain your progress, in-the-moment coping tools, and more. It's designed to help you set goals and work towards them in ways that work for you — by making positive changes that support your mental, emotional, and overall well-being.

Get the apps at [kp.org/wa/mhw](https://kp.org/wa/mhw).

Not intended to replace treatment or advice. Calm and myStrength are not available to Kaiser Permanente Dental-only members. myStrength® is a wholly owned subsidiary of Livongo Health, Inc. 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.