

# PROVIDER Update



NEWS & ANNOUNCEMENTS

AUGUST 20, 2019

UPDATE 19-645

2 PAGES

## Refer Patients to myStrength.com for Pregnancy and Early Parenting Support

A website with customized tools to help members balance mind and body

myStrength.com, *The health club for your mind*,™ is offering a new program, Pregnancy and Early Parenting. It is a unique self-care resource that includes 65 evidence-based interventions that provide real-time support to integrate healthy behaviors throughout pregnancy and early parenting.

Members get a personalized experience based on user-defined preferences and receive diverse approaches to get help. It is available to mothers and fathers, as well as single parents, same-sex couples, adoptive parents, and anyone else expecting a baby or raising a child up to age three.

### Self-paced learning

Members will have access to information that covers many topics about pregnancy and parenting, such as:

- Connecting With Your Baby Every Day
- Expecting the Unexpected: What Parents Wish They'd Known
- Labor and Delivery
- Making a New Parent Sleep Plan
- Mindfulness for Moms and Dads
- The Baby Blues
- The Journey to Parenthood
- When You're Expecting

### Private and confidential

myStrength.com is a Health Insurance Portability and Accountability Act- (HIPAA-) compliant platform with customized interactive tools using web and mobile technology. It is private, safe and secure.

### On-demand resources – 24/7

Members can enjoy the benefits of this resource, and more, from the comfort and privacy of their home! myStrength.com offers in-the-moment mood tracking and immediate stress-relief tools, including:

THIS UPDATE APPLIES TO  
MEDI-CAL PROVIDERS:

- Physicians
- Participating Physician Groups
- Hospitals
- Ancillary Providers

PROVIDER SERVICES

1-888-893-1569

[www.healthnet.com](http://www.healthnet.com)

- 
- Daily inspirations.
  - Interactive tools.
  - Mood-improving resources.
  - Self-help workbooks.
  - Step-by-step eLearning modules.
  - Weekly action plans.

### **Sign up today!**

Members can visit [www.myStrength.com/calviva](http://www.myStrength.com/calviva) to sign up online for the Pregnancy and Early Parenting Program.

- 1 Enter [www.myStrength.com/calviva](http://www.myStrength.com/calviva) in a web browser.
- 2 Click *Sign Up*.
- 3 Complete the myStrength sign-up process with a brief wellness assessment and personal profile.

### **Go mobile!**

After setting up an online account, members can also download the myStrength app for iOS and Android devices and register using the same email and password.

### **Referrals make a difference**

In addition to the new Pregnancy and Early Parenting Program, myStrength.com addresses other areas to help members:

- Anxiety
- Balancing intense emotions
- Chronic pain
- Depression
- Insomnia
- Mindfulness and meditation
- Opioid recovery
- Stress
- Substance use

Encourage members struggling with mental health issues to register on myStrength.com. See the steps under *Sign up today!* If a member needs emergent or routine treatment services, call MHN at 1-888-327-0010.

### **Additional information**

If you have questions regarding the information contained in this update, contact CalViva Health at 1-888-893-1569.