

# It's OK to not be OK. Especially right now.

These no-cost apps can help you  
start feeling better



Depression and anxiety. Sleep trouble. Stress. If you're having a rough time, you're not alone. Try these apps for on-demand self-care and support.



Get the apps now at [kp.org/selfcareapps](https://kp.org/selfcareapps)

These apps are available at no cost to adult Kaiser Permanente members.

myStrength® is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc 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.



# If you're struggling, you're not alone

Need help managing depression, anxiety, or stress –  
or just coping with life's ups and downs?



Try these no-cost apps for on-demand support.  
[kp.org/selfcareapps](https://kp.org/selfcareapps)

These apps are available at no cost to adult Kaiser Permanente members.

myStrength® is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc 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.