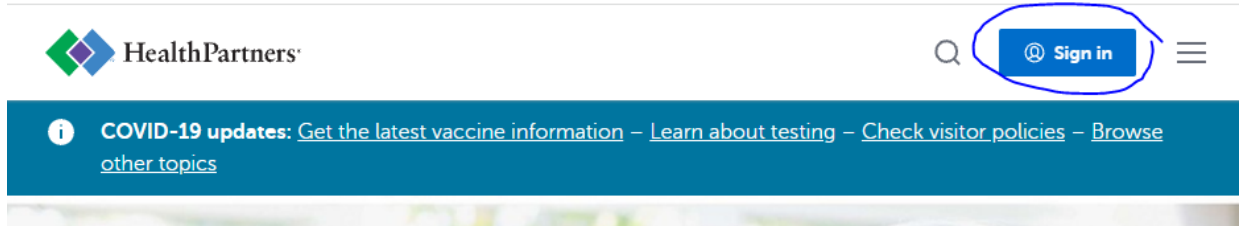


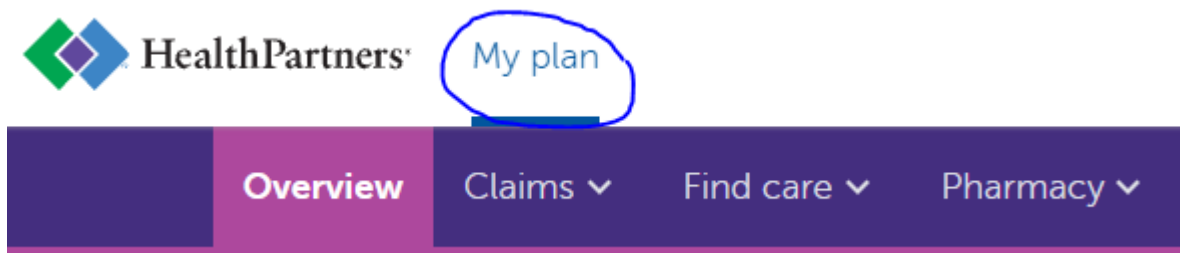
MYSTRENGTH

How to Access myStrength

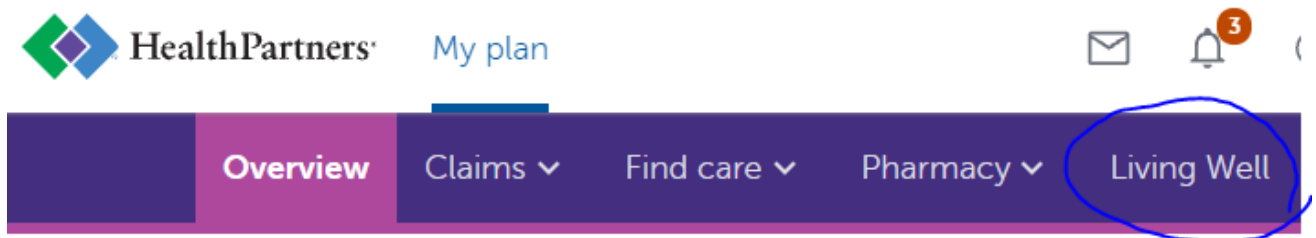
1. Log onto www.healthpartners.com and login (request password if this is your first time)



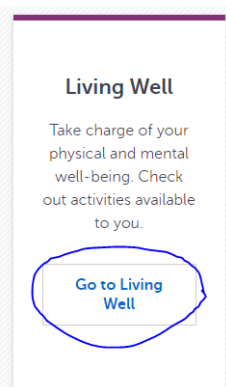
2. Select the "My Plan" tab



3. Select "Living Well"



4. Select "Go to Living Well"



5. Select "See all activities"

My activities

Check out the following activities. Better health starts here.

[See all activities](#)

6. Select "myStrength"

