

Take charge of your mental health

Porter-Starke Services introduces **myStrength.com** | The health club for your mind.™

Maintaining your overall wellness includes strengthening the whole you - body, mind and spirit. Now, you can improve your mental health and overall well-being from the comfort and privacy of your own home.

Porter-Starke Services knows that overall wellness is important to you, that is why we are excited to introduce the myStrength.com program. Where traditional health clubs focus primarily on your body, myStrength.com allows you to provide the same focus on your mental health and spiritual well-being.

“myStrength.com is a great wellness tool for your mind, body and spirit!

I love the daily inspirational quotes and wellness articles.

It is a great way for me to proactively take care of myself.”

*Jennifer
Working Mom, Kansas*

IT'S EASY TO GET STARTED

Just follow these 3 steps >

1. Visit www.myStrength.com. On the myStrength.com home page, click on “Sign-up.”
2. You will be asked for a “Payer Code.” Please enter the following Payer Code.

Balance

3. Continue on to complete the personal profile and/or a brief Wellness Assessment.

How myStrength works.

After completing your brief Wellness Assessment and profile, myStrength will deliver a personalized page and structured week by week action plan tailored to your needs and specifications. Powerful eLearning modules supported by interactive tools, in-depth resources, daily motivational inspirations, and weekly activities lead you towards rediscovering your inner peace and mental well-being.

Mindful of the Whole You



Daily resources to strengthen your mind, body and spirit.

Personal and Relevant

Your own myStrength page will be tailored for you, based on your Wellness Assessment and Personal Profile.

Packed with Tools

Like a health club for your body, myStrength offers a range of resources to improve mental health.



TOOLS



ACTION PLANS



MOOD TRACKER



ASSESSMENTS



ONLINE LEARNING



RESOURCES

Privacy Protection



Password protection, secured sessions, dedicated servers and privacy best practices keep your information secure and confidential.

Proven Resources

Based on the latest research and clinical advice from best-selling authors.



Safe, secure, confidential, effective.

Your privacy is important to us. myStrength.com maintains the highest level of security available to create a completely confidential and safe environment for you every day. And, through careful screening by leading mental health experts, you can rest assured that you will receive only the best, most-trusted, and proven resources throughout your program.