Support for first responders

Explore new self-care tools designed with you in mind

Being a first responder comes with unique challenges. So we worked with Livongo to develop a new library of resources specifically designed to support your mental health and emotional wellness. Kaiser Permanente members can access these tools by downloading the myStrength app — at no cost — right now.

Helping first responders tap into the power of self-care

The myStrength app provides interactive activities, daily health trackers, in-the-moment coping tools, and more. These new personalized resources can help with things like:

• Understanding why self-care is so important for first responders
• Addressing stress, avoiding burnout, and managing emotions
• Setting goals for improving physical health and mental fitness
• Coping with the added stress of COVID-19 and social unrest

Download myStrength now at kp.org/selfcareapps

If you already have the app, just sign in to access the new first responder resources right away.

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.

myStrength® is a wholly owned subsidiary of Livongo Health, Inc., and is not available to Kaiser Permanente dental-only members.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii
• Kaiser Foundation Health Plan of Colorado
• Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000
• Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852
• Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232
• Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101
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