

myStrength is now Teladoc Health



Your programs and benefits are moving to Teladoc Health

myStrength and Teladoc Health are becoming one brand, with one experience for all our members. You'll have the same great programs and benefits, just in a new place.

[Get started →](#)

It's one simple step!

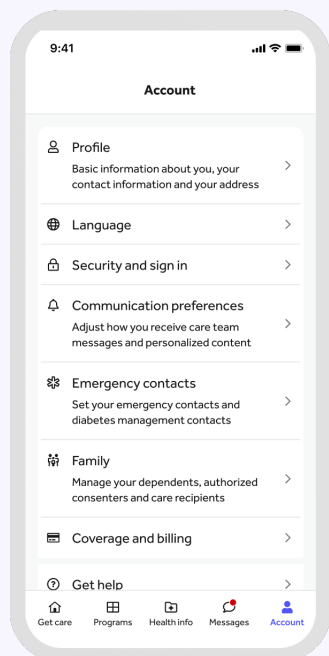
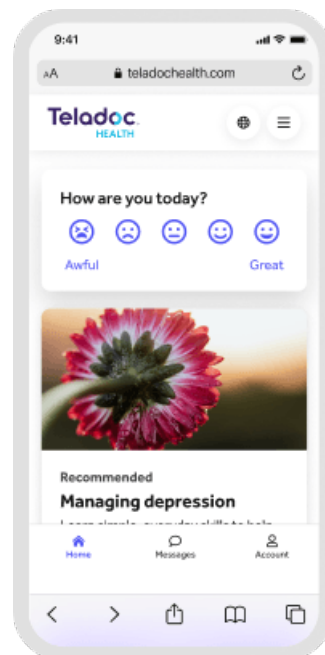
All you need to do is sign in and set a new password.
We'll take care of the rest.

Your myStrength profile, programs and information will transfer automatically.

[Sign in →](#)

Use Teladoc Health going forward

Bookmark the Teladoc Health [website](#) or download the [app](#) to access your programs from now on. Expect future notifications to come from Teladoc Health.



Explore your account settings

Your Teladoc Health home screen will have a fresh look and feel. The biggest change you may notice is how your account settings are organized. It's a good time to make sure everything is up to date.

Help and support

Our Member Support team is here to assist you in this transition. [Visit our FAQ Page](#) if you need help.