

Superior HealthPlan Presents myStrength



Extend Care and Empower Superior Members with Online Tools

At Superior, we provide resources to foster the overall health and productivity of our members. We are excited to offer myStrength, a digital tool to promote mental health and well-being.



myStrength allows us to extend free and unlimited accounts to Superior members. With myStrength members can:

- Learn techniques to reduce stress
- Track their mood online
- Manage depressive or anxious thoughts
- Access and share inspirations
- Explore hundreds of articles and activities



Create your free Professional Account today!

Sign up for free and use your professional account to demonstrate myStrength for Superior members and access clinical tools and materials.

1. Go to www.mystrength.com, and click **Sign Up**.
2. Register with your work email address and enter the Access Code: **TXProvider**.
3. Complete the registration to create a demo profile you can **share with patients**.

