

Now, as always, Livongo is committed to empowering your Members to live better, healthier lives. That includes providing resources for managing heightened stress and uncertainty brought on by the current coronavirus (COVID-19) threat.

The new **COVID-19 and Mental Wellness** resources from Livongo for Behavioral Health powered by myStrength are now available to support your Members through these challenging times, at no cost to them.

Resources Include:



Strategies to manage heightened stress



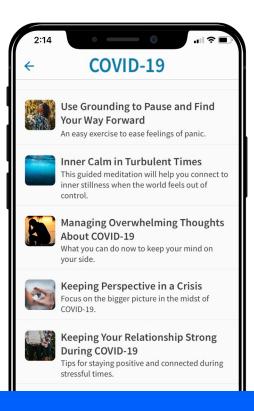
Tips for parenting during challenging times



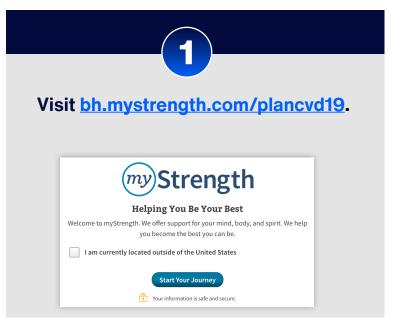
Ideas to manage social isolation

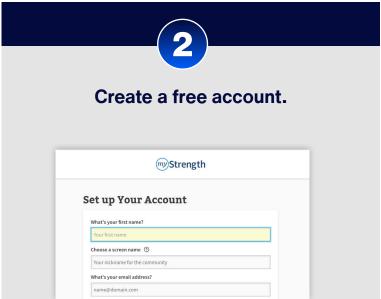


Other tools and information for emotional support



Getting Started Is Easy



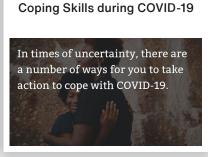


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Choose from over a dozen activities to help manage heightened stress brought on by the COVID-19 pandemic.







Parenting in









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