



Frequently asked questions

What is myStrength?

myStrength is a flexible and comprehensive digital program for emotional health to help with life's evolving challenges. From learning activities and guided meditations, with myStrength, you get personalized support to build a healthier mind for a stronger you.

How much does it cost?

myStrength is available at no cost to you. Albertsons Companies pays for the program on your behalf.

How do I know if I'm eligible?

Associates eligible for company health plans are eligible.

How do I enroll?

- **Online:** Visit mystrength.com/join. Click on **Join Now** and follow the onscreen instructions. For registration code, use **albertsonscpanies**. Answer a few questions about yourself and your health to register on myStrength. Then, download the myStrength app to log in and get started.
- **Need help?** Call Member Support at **800-945-4355**.

How can I access myStrength?

You can access myStrength through your private online account or via the mobile app.

Downloading the mobile app helps you get the most out of the program.

Will my health information be safe?

Yes. Your health information is protected through federal and state laws, including the Health Insurance Portability and Accountability Act (HIPAA).

Can I cancel my membership?

Yes. You can cancel at any time for any reason. Simply call Member Support at 800-945-4355.

What types of resources does myStrength offer?

myStrength offers evidence-based support for many types of emotional and physical challenges: Stress. Sleep. Depression. Anxiety. Relationships. Pregnancy and early parenting. Chronic pain. And more.

Answer a series of clinically validated questions, and myStrength will create a plan designed just for you. Choose what to focus on in your own time, at your own pace. Learn from hundreds of activities, articles and videos. Practice mindfulness and meditation techniques. Get in-the-moment tools. Track your sleep and mood. It's all accessible 24/7 through your private online account or via the mobile app.