

Refer Members to myStrength: An Additional Resource to Help with OUD and Substance Use

A website with customized tools to help members balance mind and body

For members who have opioid use disorder (OUD), as well as those who are vulnerable to OUD and other substance use issues, the myStrength program can provide an additional resource. If a member needs emergent or routine treatment services, call MHN at 1-888-327-0010.

myStrength.com, *The health club for your mind™*, is an evidence-based, behavioral health self-help resource. It offers interactive, individually-tailored applications that empower members in opioid recovery and address substance use.

On-demand resources – 24/7

Members can enjoy the benefits of this resource, and more, from the comfort and privacy of their home! myStrength.com offers in-the-moment mood tracking and immediate stress-relief tools, including:

- A variety of mood-improving resources.
- Step-by-step eLearning modules.
- Interactive tools.
- Weekly action plans.
- Self-help workbooks.
- Daily inspirations.

Private and confidential

myStrength.com is a Health Insurance Portability and Accountability Act- (HIPAA-) compliant platform with customized interactive tools using web and mobile technology. It is private, safe and secure.

Sign up today!

Members can visit myStrength.com to sign up online.

- 1 In a web browser enter mystrength.com/calviva.
- 2 Click *Sign Up*.

THIS UPDATE APPLIES TO
MEDI-CAL PROVIDERS:

- Physicians
- Participating Physician Groups
- Hospitals
- Ancillary Providers

PROVIDER SERVICES

1-888-893-1569
www.healthnet.com

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- 3 Complete the myStrength sign-up process with a brief wellness assessment and personal profile.

Go mobile!

After setting up an online account, members can also download the myStrength app for iOS and Android devices and register using the same email and password.

Referrals make a difference

In addition to opioid recovery and substance use resources, myStrength.com addresses other areas to help members:

- Anxiety
- Balancing intense emotions
- Chronic pain
- Depression
- Insomnia
- Mindfulness and meditation
- Pregnancy and Early Parenting Program
- Stress

Encourage members struggling with mental health issues to register on myStrength.com. See the steps under Sign up today!

Additional information

Providers are encouraged to access the provider portal online at provider.healthnet.com for real-time information, including eligibility verification, claims status, prior authorization status, plan summaries, and more.

If you have questions regarding the information contained in this update, contact CalViva Health at 1-888-893-1569.