

Life can be hard.  
Finding support shouldn't be.



myStrength

myStrength is an online tool that helps teach you skills to feel happier, reduce stress, and confidently face life's challenges, big or small.

### Support on your terms

Work on your own or choose to share your story anonymously with the myStrength student community.

### Exercises for your mind

Explore activities based on effective methods like mindfulness and positive psychology.

### Ready to help when you need it

Between classes or at 3 a.m., myStrength is here for you 24/7.

Sign up for your free myStrength account at



Questions? Contact

Academic HealthPlans, Inc. (AHP) is an independent company that provides program management and administrative services for the student health plans of Blue Cross and Blue Shield of Illinois. myStrength is an independent website for Behavioral Health sponsored by Livongo. You acknowledge that you are voluntarily accessing and using the resources found on the site and consent that Livongo may provide Blue Cross and Blue Shield of Illinois with an aggregate number of individuals who accessed the website link. These resources are available to all members independent of any other services provided by Livongo and regardless of whether their health plan provides access to any other Livongo services.

Livongo is an independent company that provides a chronic disease management solution for Blue Cross and Blue Shield of Illinois. Livongo is solely responsible for the products and services that it provides.

Blue Cross and Blue Shield of Illinois complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability. To get help and information in your language at no cost, please call us at 855-710-6984.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855-710-6984 (TTY: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 855-710-6984 (TTY: 711).

AcademicBlue is offered by Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.