

## Learn to Live : myStrength Capability Comparison Grid

Category:	Details:	myStrength:	Learn to Live:
<b>Programs</b>  <i>* myStrength programs not offered by L2L account for approx. 6% of total myStrength users today (Feb '21 myStrength membership reports)</i>	Anxiety	X	X
	Depression	X	X
	Stress	X	X
	Insomnia	X	X
	COVID-19	X	X
	Substance Use	X	X
	Coping with Loss		X
	Trauma/PTSD	X	X (eff. 1/1/22)
	Panic Disorder		X (eff. 1/1/22)
	Strength Builder		X (eff. 1/1/22)
	Pain Management	X	X (targeted for 2022)
	Conflict Management		X (targeted for 2022)
	Weight Loss		X (targeted for 2022)
	ADHD		X (targeted for 2022)
	Mindfulness & Meditation	X	Built into each program
	Balancing Intense Emotions*	X	
	Pregnancy and Early Parenting*	X	
Nicotine Recovery*	X		
Bipolar Disorder*	X		
<b>Guided User Journey</b>	Personalized self-paced cognitive behavioral therapy (CBT) lessons are offered post assessment in a structured format. A step-by-step guide throughout the experience helps users learn and practice new skills.		X
<b>Coaching</b>	Member can opt-in to coaching via phone, email, and text at no additional cost		X
<b>Text</b>	Member can opt-in to text campaigns for ongoing support. Text campaigns include Mindfulness Moments and SUD Support.		X
<b>Webinars</b>	Ongoing, free webinars aimed at addressing emotional wellbeing topics such as depression, anxiety, big emotions		X
<b>Peer Support</b>	Users can invite friends, family, clinicians to see progress, provide ongoing support		X
<b>Community Board</b>	Moderated community board where users can share inspirational messages	X	X
<b>Trackers</b>	Health & wellness trackers that allow members to track goals and progress over time	Multiple, not tied to interventions	Limited, aligned with interventions
<b>Engagement Emails</b>	Recurring emails intended to promote emotional wellbeing topics, ongoing engagement	X	X
<b>Available Languages</b>	Content on platform displays in member's preferred language	English Spanish (limited via Google Translate)	English Spanish (full platform, eff. 1/1/22)