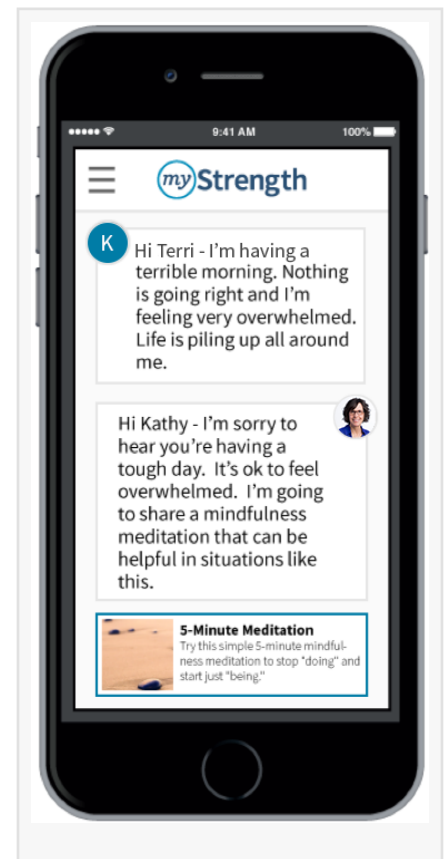


# myStrength Launches One-to-One Coaching, Amplifying the Impact of its Digital Behavioral Health Resources

*New Coaching capabilities help empower members to achieve life-improving change*

DENVER, CO, UNITED STATES, July 17, 2018 /EINPresswire.com/ -- [myStrength, Inc.](http://myStrength, Inc.), the digital behavioral health platform of choice for more than 150 of the largest U.S. healthcare payers and providers, is thrilled to announce the launch of its integrated [Coaching](#) feature. Coaching works with myStrength members, helping them get the most from the platform's evidence-based self-care interventions that address depression, anxiety, stress, substance use, chronic pain, opioid risk management, and sleep challenges, while also supporting the physical and spiritual aspects of whole-person health.

The new Coaching feature complements myStrength's digital self-care resources by connecting members to a dedicated Coach who encourages positive behavior change and builds a human connection with hands-on encouragement, support and direction. Coaching further enhances and personalizes the myStrength experience by guiding members to the appropriate myStrength resources, augmenting the platform's sophisticated machine learning algorithms that deliver an individualized, self-driven, HIPAA-compliant experience. Connection to a dedicated myStrength coach is made through digital interaction. Members receive personalized, stigma-free support through asynchronous messaging in myStrength's web and mobile applications.



“We want to meet people wherever they are in their journey. Our coaches offer guidance through personalized tools to help individuals manage their challenges and achieve their goals, re-gaining a greater level of health and well-being”, said Scott Cousino, myStrength’s CEO. “By integrating Coaching with myStrength’s evidence-based, self-help resources, we continue our advancement of multimodal capabilities, extending behavioral health access to covered members, promoting higher levels of engagement and improving outcomes, while delivering proven value to healthcare payers and providers”.



Our coaches offer guidance through personalized tools to help individuals manage their challenges and achieve their goals, re-gaining a greater level of health and well-being.”

*Scott Cousino, myStrength  
CEO*

myStrength’s latest advancement into Coaching follows recent Mindfulness and LGBTQ+ resource expansions, as well as the launch of an entirely new Sleep program offering highly-personalized tools anchored in evidence-based models. To learn more, please visit

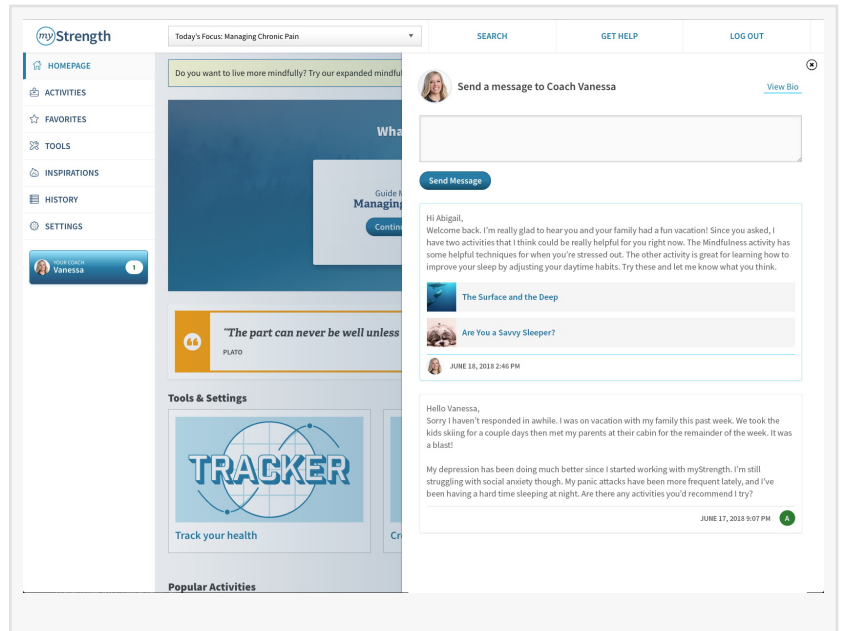
[www.mystrength.com/contact](http://www.mystrength.com/contact)

## About myStrength

myStrength, Inc. is a recognized leader in digital behavioral health. myStrength greatly enhances traditional care models, while addressing issues of cost, lack of access, and stigma, to deliver mental health and well-being resources at scale. Our platform targets the most prevalent and costly behavioral health conditions — empowering consumers with innovative self-care resources to manage and overcome challenges with depression, anxiety, stress, substance use disorder, chronic pain and sleep. myStrength's evidence-based resources offer digital interactive exercises, self-care modules

and daily wellness inspiration, which is personalized to each member. myStrength collaborates with more than 150 health plans, integrated health systems, EAPs, disease management providers, managed and community behavioral health providers, strategic alliances, ACOs and FQHCs. For more information, please visit <http://www.myStrength.com>

Rebecca McIlwaine  
myStrength  
303-517-2601  
email us here



This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2018 IPD Group, Inc. All Right Reserved.