

# OAKLAND COMMUNITY HEALTH NETWORK

OAKLAND COUNTY'S PUBLIC BEHAVIORAL HEALTH SYSTEM



## myStrength is Going Somewhere New!

Did you know that Oakland County residents can access free web and mobile resources that can help strengthen their mind, body and spirit? Oakland Community Health Network previously offered this resource through myStrength. Starting April 3, 2025, myStrength and Teladoc Health are becoming one brand with a new experience using the Teladoc Health website and app!



### Same Program, Same Benefits, New Experience

#### Already using myStrength?

- There's nothing you need to do at this time.
- You will receive an email when your new account is ready.
- Your data, lessons and chats will be securely migrated to your Teladoc Health account.
- If you log in to your myStrength account after transition you'll be guided to activate your Teladoc Health account

Learn more about the new Teladoc Health experience and read FAQs:

[TeladocHealth.com/NewExperience](https://TeladocHealth.com/NewExperience)

#### Want to start using Teladoc Health?

- We all struggle with our moods at times. Anxious or depressive thoughts can weigh us down. Some of us may struggle with drugs or alcohol. Seeking help and focusing on your mental health is important.
- Use Teladoc Health to access resources to improve your mood.
- To begin, visit: [oaklandchn.org/teladoc](https://oaklandchn.org/teladoc)
- Enter Access Code: OAKLANDCHN

INSPIRE HOPE, EMPOWER PEOPLE, STRENGTHEN COMMUNITIES

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Oakland Community  
Health Network

Developmental Disabilities • Mental Health • Substance Recovery

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