



New York State Correctional Officers & Police Benevolent Association

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TO: NYSCOPBA Members

FROM: Sharon Smith, Health Benefits Specialist

DATE: May 15, 2020

RE: Beacon Health's Wellbeing Program (myStrength) under the Empire Plan

We have been notified that Beacon Health Options has developed a new emotional wellbeing program available to Empire Plan members during the COVID-19 crisis as an added support. The program is called myStrength and is a unique, online emotional health program that can be accessed via a computer or smartphone app.

MyStrength offers an extensive library of articles, videos and eLearning programs that are aimed at helping members navigate new COVID-19 challenges (a heightened level of stress and anxiety, feelings of isolation and parental challenges) as families work and learn together under the same roof.

Members and their families have free access to all of the COVID-19 content from now until September 30, 2020 (you must register by August 31st to have access in September). MyStrength is secure and confidential. Registration is simple and quick, and the site and app are easy to navigate.

Members can access the myStrength site app through NYSHIP Online by navigating to "Using Your Benefits", "Empire Plan Providers", "Pharmacies and Services", "Beacon Health Options" and then "Achieve Solutions". From there, members can download the myStrength app and register with the access code **beaconcovidsupport**. Members can also go to <https://bh.mystrength.com/beaconcovidsupport> and register online.

Call Beacon Health at 1-877-769-7447, Option 3, for any questions or assistance.

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cc: NYSCOPBA Executive Board
NYSCOPBA Jt. Committee on Health Benefits