

Employee Assistance Program (EAP)

myStrength is a web-based, self-help resource for depression and anxiety. (Available through our connection with Aetna.) **myStrength is not online therapy—rather it is an online set of tools and resources to compliment other forms of care and support. Please note, your usage of myStrength is completely confidential and secure. At your discretion, we do encourage you to print out and share tools and exercises from this resource with your health provider.**

Go to: www.mylifevalues.com

On the below screen only: **Username – Adventist. Password – EAP.** This applies for everyone.

English | Español

Username: *
adventist

Password: *
●●●

Using the website, which includes entering your username and password and clicking "Login to Website", is your acceptance of this Disclaimer and [Terms of Use](#).

LOGIN TO WEBSITE

Real SOLUTIONS
For Real LIFE

DISCLAIMER: This site, all third party linked sites, and all services, content and materials provided in the site, are provided to you on an "as is with all faults" basis, and your use of such sites, services, content and materials is at your own risk. Resources For Living disclaims all warranties whether express or implied including without limitation the warrant of merchantability, fitness for particular purpose, title, infringement, and quiet enjoyment. By using the Resources For Living site you agree to abide by the terms, conditions, and guidelines set forth in the [Terms of Use](#).

[From Health and Human Resource Center, Inc.](#)
[Important Information for California Residents](#)

[De Centro de Salud y Recursos Humanos, Inc.](#)
[Información importante para los Residentes de California](#)

Language assistance services are available to you at no charge.
Los servicios de la ayuda del idioma están disponibles a usted en ninguna carga.

Once you're logged in, hover over *Benefits* in the top blue bar, in the drop down list click on *myStrength*.

The screenshot shows the MyLifeValues website interface. At the top, there's a blue header with the text "Resources for Living" and "Real solutions for real life". A search bar is present with the text "Enter keywords:". To the right, there's a phone number "1-866-370-4836" and the text "Confidential services 24 hours a day, 7 days a week". Below the header, there's a navigation bar with links: "Home", "Family", "Health", "Life", "Workplace", "Benefits", and "What's New". The "Benefits" link is highlighted, and a dropdown menu is visible with the following options: "EAP Services", "WorkLife Services", "Legal & Financial Services", "About Your Benefits", and "myStrength". The main content area features a "Welcome... Adventist Risk Management" message and a "Get the latest messages and updates." link. Below this, there's a section titled "Get 'in the swim' with these safety tips" with an image of a child swimming. Further down, there are three featured sections: "Family" (with an image of a family), "Health" (with an image of two women exercising), and "Life" (with an image of a woman holding a cat). Each section has a brief description and a "More" link. At the bottom, there's a "Quick Links" section with various links like "Mental Wellbeing", "Self Improvement", "Stress Management", etc.

10 Incredible Curling Iron T... x Home | Southern Adventist Uni... x Inbox - amym09@gmail.co... x Southern.edu - Datatel Coll... x eAdventist Personnel - Home x My Life Values x +

https://www.mylifevalues.com/default.aspx?pagetype=default

English | Español

Resources for Living

Real solutions for real life

1-866-370-4836

Confidential services
24 hours a day, 7 days a week

Enter keywords: Search How to search Home • Logout

Home

Family Health Life Workplace **Benefits** What's New

Welcome... Adventist Risk Management

Get the latest messages and updates.

Get "in the swim" with these safety tips

Whether it's at the pool or the beach, when there are kids in the water, adults need to make child safety their number one priority. Here are some basic rules... [More](#).

Family

Family is an important component of life. You can find resources on [parenting for all ages, education, relationships](#) and more.

Health

Browse resources to help you on your journey to wellbeing: [mental wellbeing, fitness & nutrition, health assessments & tools](#) and more.

Life

What are you doing to take care of YOU? Find resources on: [stress, self improvement, disaster resources, retirement](#) and more.

Get the tools and information to help you succeed at work. [career navigation](#) [handline](#)

EAP Services

WorkLife Services

Legal & Financial Services

About Your Benefits

myStrength

Life

Workplace

What's New

Discount Center

Webinars

Quick Links:

[Mental Wellbeing](#)

[Self Improvement](#)

[Stress Management](#)

[Depression Resources](#)

[Child Care Search](#)

[Elder Care Search](#)

[Disaster Resources](#)

[Fitness & Nutrition](#)

[Fitness Discounts](#)

https://www.mylifevalues.com/FeatureLandingPage.aspx?featureid=46&pagetype=Benefits

On this page, click on the button myStrength Program to create your account.

10 Incredible Curling Iron T... x Home | Southern Adventist Uni... x Inbox - anym09@gmail.co... x Southern.edu - Datatel Coll... x eAdventist Personnel - Home x My Life Values x


https://www.mylifevalues.com/content_feature.aspx?FeatureId=551&dispId=&dispbenid=&pagetype=myStrength

Enter keywords: Search How to search Home • Logout

Benefits > myStrength

Family | Health | Life | Workplace | Benefits | What's New

myStrength



Are you ready to make positive changes in your life, but don't know where to start? myStrength can help you strengthen your mind, body and spirit. It's free, easy and completely confidential.

Personalized just for you

Only you really understand your hopes and plans, so you'll be able to customize the program to meet your health and wellness goals. Access trusted self-help content from your phone or computer. Let us show you how to:

- Change your thoughts and improve your mood
- Change your behaviors and improve your life
- Meet your wellness goals step-by-step
- Find inspiration in everyday life

Consider this a health club for your mind. You will have access to a variety of tools to choose from including:

- Daily mood tracker
- eLearning modules
- Activity and mood logs
- Inspiration for your mind, body or spirit
- Select content based on your goals

Learn more about myStrength by viewing [our introductory video](#).

Ready to get started? Simply click below to go to the myStrength registration page to create your account. Just enter your email address, create a password, and enter the Username for your EAP website as your **Access Code**.

→→→→→ [myStrength Program](#)

Already a registered user? [Click here to log in.](#)

- Family
- Health
- Life
- Workplace
- What's New
- Discount Center
- Webinars

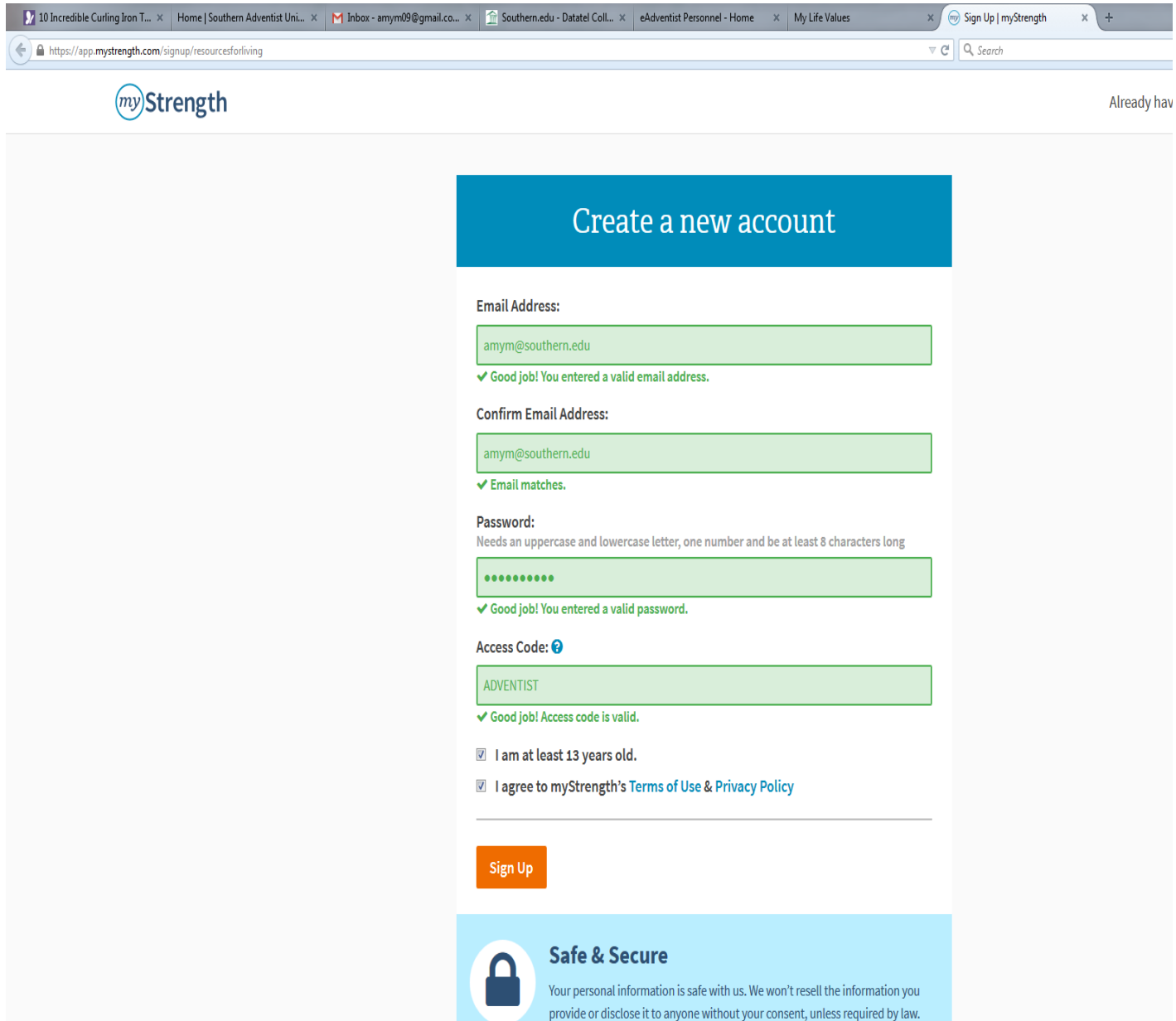
Quick Links:

- [Mental Wellbeing](#)
- [Self Improvement](#)
- [Stress Management](#)
- [Depression Resources](#)
- [Child Care Search](#)
- [Elder Care Search](#)
- [Disaster Resources](#)
- [Fitness & Nutrition](#)
- [Fitness Discounts](#)
- [Self Assessments](#)
- [e-Thoughts](#)
- [Manager Resources](#)

<https://mystrength.com/signup/resourcesforliving>

Copyright 2004-2014. All Rights Reserved | [Terms of Use](#)

On this page, you must create a personal account. **Enter your southern email address, create your own password**, then enter the Access code **Adventist** and click sign up.



The screenshot shows a web browser window with the URL <https://app.mystrength.com/signup/resourcesforliving>. The page features the myStrength logo and a navigation bar with links like "Home | Southern Adventist Uni...", "Inbox - amym09@gmail.co...", "Southern.edu - Datatel Coll...", "eAdventist Personnel - Home", "My Life Values", and "Sign Up | myStrength".

The main content area is titled "Create a new account" and contains the following fields and feedback:

- Email Address:** amym@southern.edu. Feedback: ✓ Good job! You entered a valid email address.
- Confirm Email Address:** amym@southern.edu. Feedback: ✓ Email matches.
- Password:** Needs an uppercase and lowercase letter, one number and be at least 8 characters long. Feedback: ✓ Good job! You entered a valid password.
- Access Code:** ADVENTIST. Feedback: ✓ Good job! Access code is valid.
- ☒ I am at least 13 years old.
- ☒ I agree to myStrength's [Terms of Use & Privacy Policy](#)

A blue "Sign Up" button is located below the form. At the bottom, a "Safe & Secure" section with a padlock icon states: "Your personal information is safe with us. We won't resell the information you provide or disclose it to anyone without your consent, unless required by law."

Once you complete a wellness assessment you will have a personalized home page with resources specifically based on what you need.