



# Life can be hard. Finding support shouldn't be.

Learn to Live includes confidential online resources to help you manage your mental well-being and successfully confront life's challenges.



## **Access anytime, anywhere.**

Whenever you need help, resources are available to make it easy for you to get the care you need.

## **No additional cost.**

As an AcademicBlue member, the resources available through Learn to Live are included with your coverage.

## **Comprehensive mental health assessment.**

Unsure what issues are affecting you? A confidential online assessment can help you take the first step toward improving your well-being.

# What's available?

**As an AcademicBlue member, you have access to the mental health resources offered by Learn to Live. These digital tools are accessible anytime, anywhere to help you tackle life's challenges.**

## Digital Programs

Online mental health programs based on the proven principles of Cognitive Behavioral Therapy (CBT). Programs offered are Stress, Anxiety & Worry, Social Anxiety, Depression, Insomnia, and Substance Use.

## Unlimited Coaching

Experienced live coaches to provide support, encouragement and answers to your questions via weekly email, text or scheduled phone calls.

## Program Lessons

Programs include eight lessons to provide you with the tools you need. Each completed lesson unlocks the next one. Exit your lesson at any time — your progress saves as you go!

## On-Demand Webinars

Thirty-minute webinars to provide you with useful tips and guidelines to improve your mental well-being.

## Comprehensive Mental Health Assessments

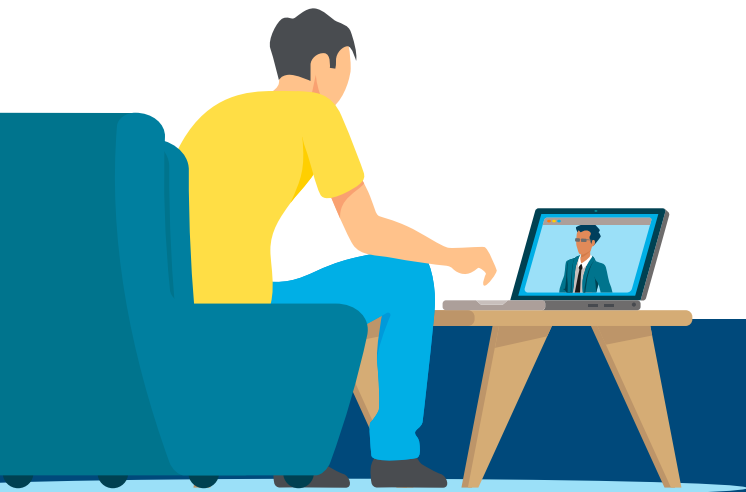
Take the first step toward improved mental health by determining what issues might be affecting you. It takes only about five minutes to finish, and results are provided immediately!

## Mindfulness Moments Text Messaging

Short weekly texts with positive resources, quick tips, and research-driven exercises.

## Teammates

Choose someone and a preferred style of support to help you on your journey, keeping you motivated and accountable.



Visit [learntolive.com/welcome/academicblue](https://learntolive.com/welcome/academicblue) and enter access code **RFU** to learn about the resources available.

Learn To Live, Inc. is an independent company that has contracted with Blue Cross and Blue Shield of Illinois to provide cognitive behavioral therapy coaching for members with coverage through BCBSIL.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855-710-6984 (TTY: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 855-710-6984 (TTY: 711).

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