Open the door to behavioral health resources with online programs from Learn to Live.

THE PROBLEM IS BIG
Over 114 million Americans who have addressable mental health conditions will never seek face-to-face therapy due to social stigma, accessibility and cost¹.

IMMEDIATE, CONFIDENTIAL, 24/7 ACCESS
Learn to Live provides online programs and clinical assessments for employees and their family members (age 13 or older) living with stress, depression, social anxiety or insomnia. Programs are based on the proven principles of cognitive behavioral therapy through more than 10 years of clinical studies.

Learn to Live offers the administrative convenience of:

- No waiting lists
- No cost to employees and family members*
- Targeted awareness and engagement campaigns
- Member coaching
- Robust data analysis tracking utilization and ROI

*Included in the cost of the health plan

Visit learntolive.com/partners and call your Blue Cross account manager for more details. Your access code and more information about Learn to Live will arrive on or before your plan’s effective date.

62% engagement in Learn to Live programs and services²

50% drop in leading depression measures³

5x more employees receiving needed care for anxiety and depression⁴

90% of members would recommend Learn to Live’s programs to others⁵

¹Kessler & Wang, 2008.
²Internal Learn to Live data, 2018.
³bid.

Learn to Live, Inc. is an independent company offering online cognitive behavioral therapy programs and services.
do® is a registered trademark of Blue Cross® and Blue Shield® of Minnesota.

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

M01667 (4/18)
Mental health problems affect many

150M suffer

3/4 will not seek in-person therapy

114M gap

Barriers

- Social stigma
- Accessibility: geographic limitations, limited access
- High costs: individuals, employers, insurers and providers

Our solution

Targeted online mental health programs based on proven fundamentals of Cognitive Behavioral Therapy (CBT).

Comprehensive assessment

Current programs:

- Depression
- Stress, Anxiety & Worry
- Social Anxiety
- Insomnia

As effective as in-office therapy.