

# ONLINE MENTAL HEALTH



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 cost<sup>1</sup>.

## 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](https://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 services<sup>2</sup>

**50% drop**  
in leading depression measures<sup>3</sup>

**5x more**  
employees receiving needed care for anxiety and depression<sup>4</sup>

**90%**  
of members would recommend Learn to Live's programs to others<sup>5</sup>

<sup>1</sup>Kessler & Wang, 2008.

<sup>2</sup>Internal Learn to Live data, 2018.

<sup>3-5</sup>Ibid.

Learn to Live, Inc. is an independent company offering online cognitive behavioral therapy programs and services.

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# Mental health problems affect many



## Barriers

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



1-2: Kessler, R. C., Ph.D. (2005). Prevalence and treatment of mental disorders. NEJM, 352(24), 2515-23.  
3: Teh, C. F., Sorbero (2010). Predictors of adequate depression treatment among Medicaid-enrolled adults. Health Services Research, 45(1), 302-315.

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# 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.<sup>1</sup>*



1. Hedman, Erik, et al. "Cognitive behavior therapy via the Internet: a systematic review of applications, clinical efficacy and cost-effectiveness." Expert Review of Pharmacoeconomics & Outcomes Research 12,6 (2012)

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