



**BlueCross BlueShield**  
of Texas



Performance by design.  
Caring by choice.™

# Retrain Your Brain

## See how much better life can feel with Digital Mental Health programs from Learn to Live.

About half of all people in the U.S. will struggle with a mental health concern at some point in their lives.<sup>1</sup> Whether you're facing a challenge or just want to proactively manage your mental health, you can learn new skills and get help in breaking old patterns that may be holding you back. Digital Mental Health programs from Learn to Live can help you get your mental health on track so you can feel better and enjoy your life more fully.

### Find out where you may need support

An online assessment can help pinpoint the right programs for you, such as:

- Stress, anxiety and worry
- Depression
- Insomnia
- Social anxiety
- Substance use
- Panic
- Resiliency



# Get a mental health tune-up — online



## Learn to adjust unhelpful thoughts and manage your mood

Explore quick and easy lessons whenever it fits your schedule. A little homework between sessions helps you keep up your progress. Activities are based on therapy techniques with a track record of helping people get better.



## Work with an expert coach to guide you

If you need one-on-one support to reach your goals, connect with a coach by phone, text or email. They'll lift you up, cheer you on and help you master your new skills.



## Keep your personal details private

Just like with face-to-face therapy, your personal results, program progress and messages with your coach will not be shared with your employer.

### Did you know?

Blue Cross and Blue Shield of Texas members who worked with a coach from Learn to Live saw 10% greater improvement in their symptoms compared to those who did not.<sup>2</sup>



## Check out the programs included at no added cost through your BCBSTX plan:

1. Log in at **bcbstx.com**
2. Click **Wellness**
3. Choose **Digital Mental Health**

### Register A Minor

BCBSTX members 13 to 17 years old can also use the programs. To register a minor, complete one of the following options.

- If you previously created a Learn to Live account, log in, go to the **Resources** tab and click "**Register a Minor.**"
- If you do not have an account, complete the three steps above, click "**Get Started**" and then select "**I want to allow a dependent to register for a Learn to Live account.**"

1. U.S. Department of Health and Human Services, 2023

2. Learn to Live Quarterly Business Review Report, Q1 2023

Learn to Live provides educational behavioral health programs. Members considering further medical treatment should consult with a physician. Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

## Learn to Live Programs

Learn to Live offers various online programs tailored to specific mental health needs. Each program is based on the proven principles of CBT. To view the other programs, click the arrows left and right.



### Insomnia

Is lack of sleep leading you to be irritable, unfocused, and drained of energy?

This program can help you to get more quality sleep. You'll use proven tools to loosen the grip of worry and optimize your sleep schedule.

START PROGRAM

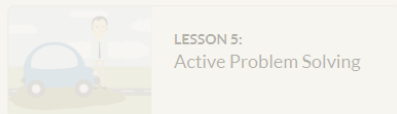
START



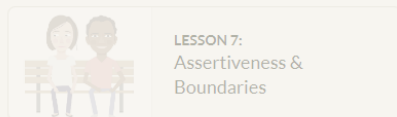
#### LESSON 1: Activation



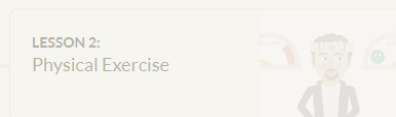
#### LESSON 3: Thought Inspection (I)



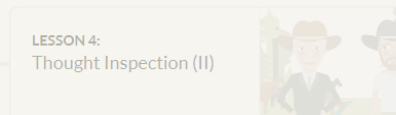
#### LESSON 5: Active Problem Solving



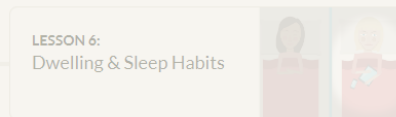
#### LESSON 7: Assertiveness & Boundaries



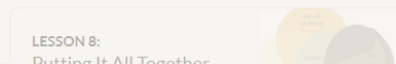
#### LESSON 2: Physical Exercise



#### LESSON 4: Thought Inspection (II)



#### LESSON 6: Dwelling & Sleep Habits



#### LESSON 8: Putting It All Together