



Practice Self-care with a Mental Health Tune-up



Feel better with Digital Mental Health programs.

Taking care of your mental health is vital to your overall health and we have resources that can help.

Check out Digital Mental Health programs from Learn to Live if you're facing a challenge or just want to proactively manage your wellbeing. You can learn new skills and get support for breaking old patterns that may be holding you back. These online programs are available 24/7 at no extra cost for you and your covered dependents (ages 13 and up). And they're part of your health plan benefits with Blue Cross and Blue Shield of Texas.

Explore the Offerings

Check out the different programs at your own pace or take a quick assessment to find out which ones are right for you.



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



Improve Your Mental Wellness



Learn to adjust unhelpful thoughts and manage your mood.

Participate in quick and easy lessons whenever it fits your schedule. A little homework between sessions helps you keep up your progress. Program activities are based on proven therapy techniques for improving daily life.



Work with an expert coach to guide you.

If you'd like extra 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.

Quick Tip: Check out the free webinars, digital toolkits and more. You can also sign up to receive Mindfulness Moments, weekly mood-boosting text messages.



Get started today.



Log in to **Blue Access for MembersSM** at **bcbstx.com** or visit **learntolive.com/welcome/BCBSTX** and use the access code: **BETTERME**. You can also scan the QR code.

To register a minor, log in to your Learn to Live account, go to the Resources tab and click "**Register a Minor**." If you do not have an account, go to the Learn to Live site, enter the access code, click "**Start Now**" and then select "**I want to allow a dependent to register**" option.



If you need assistance, call the number of your member ID card.

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.

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