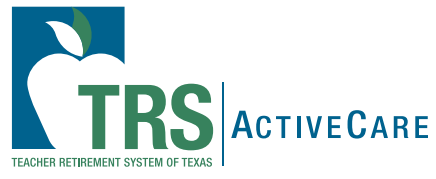


Now included in TRS-ActiveCare plans | View in [Web Browser](#)



# NEW, NO-COST, DIGITAL MENTAL HEALTH PROGRAM

According to the Centers for Disease Control and Prevention, more than half of people will experience a mental health condition like depression or anxiety at some point in their lives. We're sending an email to participants this week introducing Learn to Live. This new digital **mental health program** is now included in TRS-ActiveCare health plans at **no added cost**.

**Learn to Live offers digital cognitive behavioral therapy tools to help participants learn new skills and break old patterns.** It aims to help them get their mental health on track to feel better and enjoy life more.



## How it works

- 1 Participants take an online assessment** to discover where they may need support to pinpoint the right program. Conditions treated include:
  - stress, anxiety, and worry
  - depression
  - insomnia
  - social anxiety
  - substance use
- 2 They complete quick and easy lessons** using scientifically proven therapy techniques. They can do these lessons anytime, anywhere.
- 3 They connect with a coach.** Expert coaches can guide them by phone, text, or email if they need one-on-one support.

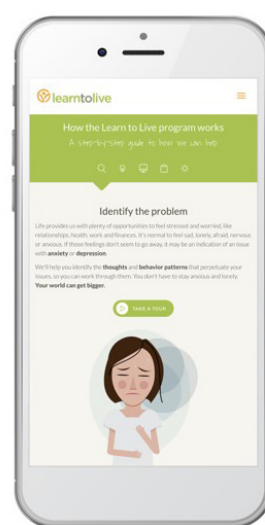
## Their details are private

Participants' results, progress, and any messages they share with their coach are always kept private. Learn to Live won't share personal details with their employer.

## To check out Learn to Live, participants:

1. Log in to [Blue Access for Members<sup>SM</sup>](#)
2. Click **Wellness**
3. Choose **Digital Mental Health**

If participants have questions or need help registering for Learn to Live, they should call a Personal Health Guide at **1-866-355-5999**.



[Check It Out](#)

[www.bcbstx.com/trsactivecareba](http://www.bcbstx.com/trsactivecareba)



Learn to Live provides educational and 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.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

1001 E. Lookout Drive, Richardson, TX 75082

© Copyright 2022 Health Care Service Corporation. All Rights Reserved.

[Legal and Privacy](#) | [Non-Discrimination Notice](#) | [Language Assistance](#) | [Update Your Preferences](#) | [Unsubscribe](#)

