

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



NEW, NO-COST, DIGITAL MENTAL HEALTH PROGRAM

You're not alone if you're depressed, anxious, or struggling with another mental health concern. According to the Centers for Disease Control and Prevention, more than half of people will experience these feelings at some point in their lives. Learn to Live, a new digital **mental health program** that's included in your TRS-ActiveCare health plan at **no added cost**, can help.

Learn to Live offers digital cognitive behavioral therapy tools to help participants learn new skills and break old patterns. Get your mental health on track to feel better and enjoy life more.



How it works

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

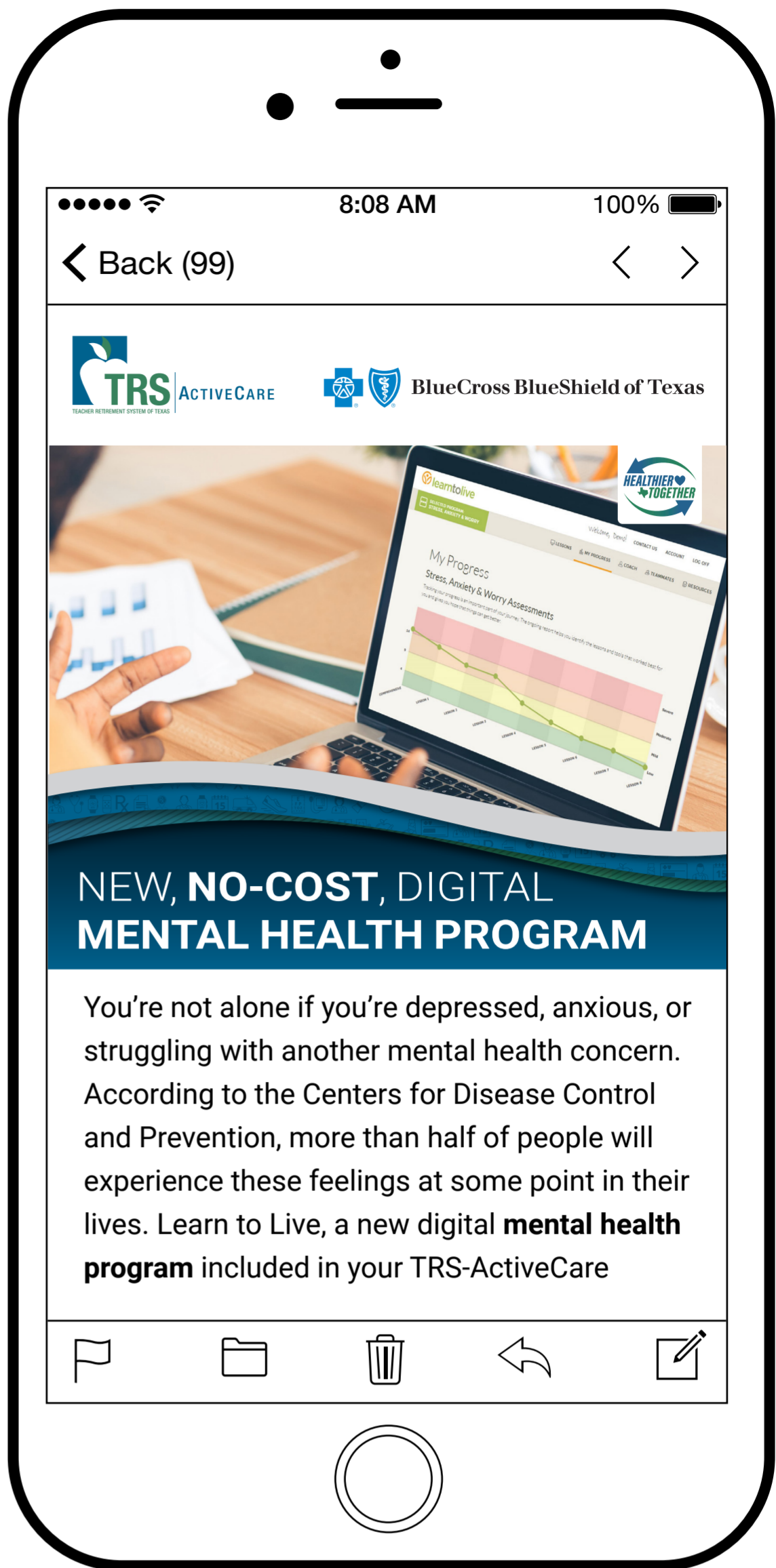
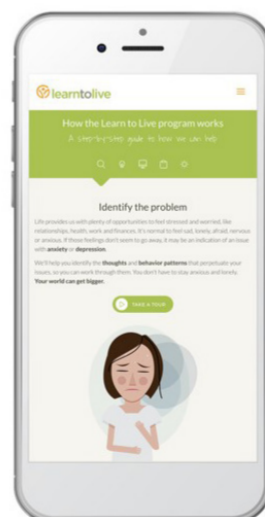
Your details are private

Your results, progress, and any messages you share with your coach are always kept private. Learn to Live won't share personal details with your employer.

To check out Learn to Live:

1. Log in to [Blue Access for MembersSM](#)
2. Click **Wellness**
3. Choose **Digital Mental Health**

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



www.bcbstx.com/trsactivecare



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.

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