

Feeling overwhelmed?

We can help.



Learn to Live offers
free, 100% confidential
online programs for:
Stress, Anxiety & Worry
Depression, Social Anxiety,
Insomnia, Substance Use

Additional Resources:

- **Unlimited Free Coaching**- by phone, text or email
- **Teammates** - choose someone to help you along your journey
- **On Demand Webinars** - topics include, Resiliency, Stress Management, Time Management and more
- **Free Comprehensive Assessments** - To find out which issues may be affecting you
- **Mindfulness Moments** - Receive short texts with general resources filled with positivity, quick tips, and research-driven exercises to help you make big transformations in your life.

Available to all employees and family members (ages 13+) on a MIIA/BCBS Health Plan.

To enroll, visit learntolive.com/partners and enter the code: MIIA