



MASSACHUSETTS

# LEARN HOW TO COPE WITH STRESS AND ANXIETY

## Let us help you get back on track

Stress and anxiety aren't always caused by a big event. Sometimes they occur because of the simple ups and downs we experience every day. If you haven't felt like yourself lately, let us help you get back on track by offering you access to self-paced, online programs from Learn to Live, an independent company, that are designed to help you overcome issues, such as stress, anxiety, worry, and depression. They can even assist with insomnia and substance use. We've partnered with Learn to Live to make these programs available to you and your family at no additional cost.

## THE PROGRAMS ARE PROVEN TO MAKE A DIFFERENCE



The information, tools, and techniques used within each program will help you identify the thoughts and behaviors that are contributing to your struggles, and then teach you how to change your behavior patterns so you can overcome them. The programs are based on over 10 years of clinical studies, and apply the proven principles of Cognitive Behavioral Therapy (CBT).

### No Cost to You

This service is available at no additional cost to you and your family members age 13 or older.

## GET HELP FROM THE COMFORT OF YOUR HOME



The programs are accessed online, self-paced, and available 24/7, so you can start, stop, and continue where you left off at any time from the privacy of your own home. You can even get personal coaching by phone, email, or text.

## FIVE AREAS OF FOCUS

Each program helps you identify thought patterns that produce negative emotions, then shows you how to reshape your thinking. The five programs are:

- Stress, Anxiety & Worry
- Depression
- Social Anxiety
- Insomnia
- Substance Use

## Questions?

Get started at [learntolive.com/partners](https://learntolive.com/partners) and enter code **WELLNESS** to start your assessment.

## KEY RESOURCES THAT WILL ASSIST YOU ALONG YOUR JOURNEY



### Personal Assessment

Start by taking a brief online assessment about the issues you've been experiencing and are affecting your life. Once completed, you'll get a personalized program recommendation.



### On-Demand Webinars

These short videos tackle issues such as modified sleep habits, increased stress, and overwhelming worry.



### Wellness Articles

These articles cover a variety of topics, including everyday issues such as parenting, balancing work and life, and unemployment uncertainty.



### Teammates

Invite a family member or friend to be a part of your journey. They can help you shoulder the burden, and together, you'll build a stronger relationship. Your teammate's level of participation is up to you.



### Unlimited Coaching

Personalize your experience even more by signing up to work with a coach. They'll support you during your program by text, email, or pre-scheduled phone calls.



### Mindfulness Moment

Get a weekly text of encouragement, helpful tips, and positive reminders. It also serves as a reminder to take a two-minute break so you can focus on your well-being.



MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).