



Feeling stressed, sleepless, anxious or discouraged? *You are not alone.*

We are here to help. One in two people will experience a mental health issue in their life. We have a resource to help you through those tough times.

Blue Cross Community Health Plans (BCCHPSM) is supporting your emotional well-being with online support from **Learn to Live** for eligible BCCHP members (ages 13 and older) and their caregivers.

How can Learn to Live help? Using proven behavioral therapy methods, these tools help you understand how your mind works and change your behavior patterns – so you can live your best life. Programs address conditions such as **stress, anxiety, worry, depression, social anxiety, insomnia and substance abuse.**

Learn to Live resources:

- Access 24/7 to online, self-paced programs
- Ability to start, stop and save your progress
- No cost for eligible members ages 13 and older and caregivers
- As effective as in-person therapy
- Coaching available by phone, email or text



To start, take our online self-paced, private assessment at
www.learntolive.com/Welcome/BCBSILMedicaid
Access Code: Bluell



Blue Cross Community Health Plans is provided by Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an Independent Licensee of the Blue Cross and Blue Shield Association.

IL_BCCHP_BEN_L2L22 Approved 11012022

245714.0622

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an educational program and should not be considered medical treatment. © 2023 Learn to Live, Inc.

To ask for supportive aids and services, or materials in other formats and languages for free, please call, 1-877-860-2837 TTY/TDD: 711.

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

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-860-2837 (TTY/TDD: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-877-860-2837 (TTY/TDD: 711).