

# Retrain Your Brain



## See how much better life can feel with digital mental health programs from Learn to Live.

Whether you're facing a challenge or just want to proactively manage your mental health, you can learn new skills and get help in breaking old patterns that may be holding you back. Digital mental health programs from Learn to Live can help you get your mental health on track so you can feel better and enjoy your life more fully.

### Find out where you may need support

An online assessment can help pinpoint the right programs for you, such as:

- Stress, anxiety and worry
- Depression
- Insomnia
- Social anxiety
- Substance use
- Panic
- Resiliency



# Get an online mental health tuneup



## Learn to adjust unhelpful thoughts and manage your mood

Explore quick and easy lessons whenever it fits your schedule. A little homework between sessions helps you keep up your progress. Activities are based on therapy techniques with a track record of helping people get better.



## Work with an expert coach to guide you

If you need one-on-one support to reach your goals, connect with a coach by phone, text or email. They'll lift you up, cheer you on and help you master your new skills.



## Keep your personal details private

Just like with face-to-face therapy, your personal results, program progress and messages with your coach will not be shared with your employer.

**To learn more, scan the QR code.**



The Learn to Live program will be available beginning Sept. 1, 2024, to eligible HealthSelect of Texas® medical plan participants who are age 13 and older and living in the U.S., including those enrolled in Consumer Directed HealthSelect<sup>SM</sup> or Medicare.

For additional information, go to **[healthselectoftexas.com](https://healthselectoftexas.com)** and click on the Summer Enrollment banner.

Learn to Live provides educational 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 offered by them.

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