Retrain Your Brain

See how much better life can feel with Digital Mental Health programs from Learn to Live.

About half of all people in the U.S. will struggle with a mental health concern at some point in their lives. 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
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.

Did you know?
Blue Cross and Blue Shield of Texas members who worked with a coach from Learn to Live saw 10% greater improvement in their symptoms compared to those who did not.²

Check out the programs included at no added cost through your BCBSTX plan:
1. Log in at bcbstx.com/ut
2. Click My Health and Wellness
3. Choose Digital Mental Health

Register A Minor
BCBSTX members 13 to 17 years old can also use the programs. To register a minor, complete one of the following options.
• If you previously created a Learn to Live account, log in, go to the Resources tab and click “Register a Minor.”
• If you do not have an account, complete the three steps above, click “Get Started” and then select “I want to allow a dependent to register for a Learn to Live account.”