

Does your well-being need a boost?

Meet learntolive

Online mental health programs for:

- Depression
- Stress, Anxiety and Worry
- Trauma
- Social Anxiety
- Panic
- Insomnia
- Substance Use
- Resilience



Scan or visit
learntolive.com/welcome/BCBSMN
and enter code: **BLUESTONE**



- ✓ Free access anywhere, anytime
- ✓ 5-minute assessment with immediate results
- ✓ Coaching available via text, email or phone
- ✓ Available to all employees and family members (13 and older) on the BCBS health plan
- ✓ Disponible en Español

Start Your Journey Today!

Questions? Email clientservices@learntolive.com