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Invest in your mental fitness using proven tools at no cost


Blue Cross Blue Shield of North Dakota is committed to removing the barriers that prevent people from accessing quality resources for mental wellbeing. We're making Learn to Live available at no cost to everyone in your organization, including all employees and family members, even if you're not enrolled on one of our plans.



Why Learn to Live?

Learn to Live is like an online gym for your mental fitness where you can unlock the proven benefits of Cognitive Behavioral Therapy (CBT) to increase your resilience or deal with common concerns. Use the confidential, self-guided programs to pursue your goals from any device, whenever and wherever you want. Make progress on your own or with the guidance of an expert coach.

- ✓ Immediate, 24/7 access
- ✓ No cost to you or your family members (age 13+)
- ✓ Coaching available via phone, text, or email
- ✓ Access via mobile app or web
- ✓ Available to ALL employees with no exceptions

 Use of Learn to Live is strictly confidential and member information will not be shared with anyone at your organization or Blue Cross Blue Shield of North Dakota.

Start your journey today!

Visit learntolive.com/partners

and enter code: **BLUEND**

or

Download our mobile app



Proven Digital Mental Health Programs for:

RESILIENCE | STRESS, ANXIETY & WORRY | SOCIAL ANXIETY | DEPRESSION | INSOMNIA | SUBSTANCE USE | PANIC

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