

# STRESS, DEPRESSION AND ANXIETY ARE PERSONAL



## Online mental health programs from Learn to Live

### THE PROBLEM IS BIG

Over 114 million Americans who have addressable behavioral health conditions will never seek face-to-face therapy due to social stigma, accessibility and cost.<sup>1</sup>

Learn to Live offers online, self-paced programs, providing your employees with tools and educational resources that can be applied to day to day life challenges.

### CHALLENGES FOR EMPLOYERS

- 60% employees have reduced productivity due to stress.<sup>2</sup>
- Depression is the leading cause of disability (ages 15-44).<sup>3</sup>
- Mental health disability claims are growing 10% annually and account for 30% of disability burden for employers.<sup>4</sup>
- More days of work loss and impairment are caused by mental illness than chronic conditions combined.<sup>5</sup>

### LEARN TO LIVE CAN HELP

Learn to Live provides online programs and self assessments for employees and their family members (age 13 or older) struggling with stress, depression, insomnia, social anxiety or substance use. Our programs are built on evidence-based principles of Cognitive Behavioral Therapy.. Learn to Live offers:

- Personalized coaching available 24/7
- Confidential, self-directed programs offering tools and educational resources
- Turnkey awareness and engagement campaigns
- Robust data analysis tracking utilization and ROI



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**25%**

**ENGAGEMENT IN LEARN TO LIVE PROGRAMS & SERVICES<sup>6</sup>**

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**30%**

**DROP IN LEADING DEPRESSION AND ANXIETY MEASURES<sup>7</sup>**

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**5x**

**MORE EMPLOYEES RECEIVING NEEDED CARE FOR ANXIETY AND DEPRESSION<sup>8</sup>**

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**94%**

**OF MEMBERS WOULD RECOMMEND LEARN TO LIVE'S PROGRAMS TO OTHERS<sup>9</sup>**

<sup>1</sup>Kessler & Wang, 2008.  
<sup>2</sup>American Psychological Association. Stress in the workplace (2008).  
<sup>3</sup>[www.adaa.org/understanding-anxiety/depression](http://www.adaa.org/understanding-anxiety/depression)  
<sup>4</sup>Morin and Benca. Chronic insomnia." (2010)  
<sup>5-6</sup>[www.workplacementalhealth.org/Business-Case-Mental-Health-Parity/Employer-Parity-Fact-Sheet.aspx?FT=.pdf](http://www.workplacementalhealth.org/Business-Case-Mental-Health-Parity/Employer-Parity-Fact-Sheet.aspx?FT=.pdf)  
<sup>7</sup>Internal Learn to Live data, 2018.  
<sup>8-9</sup>ibid.

