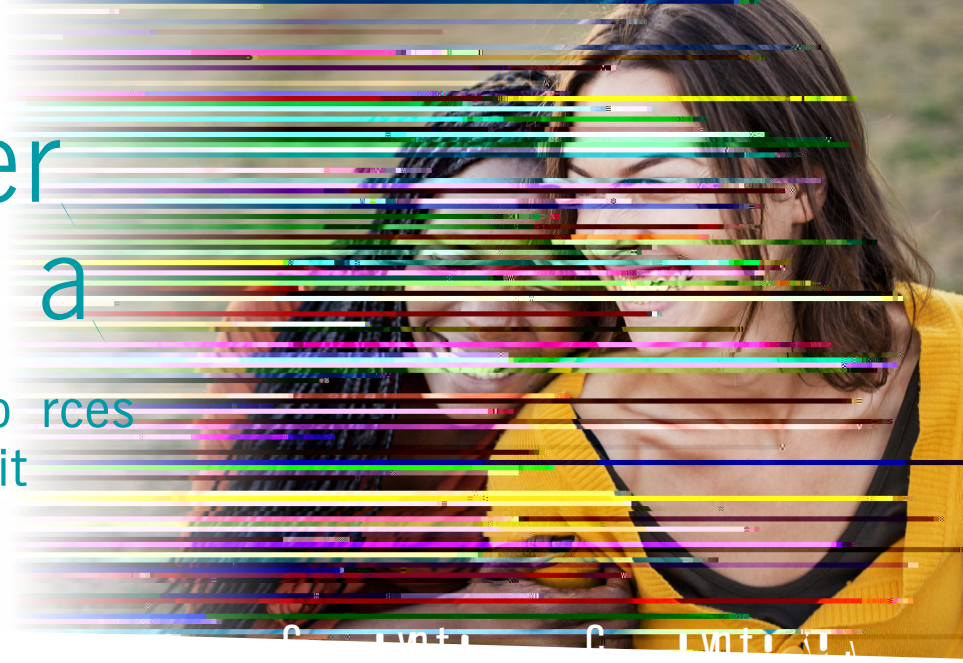
With you every step of the way



Emotional Well-being Resources offer help when you need it

Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you and your household live your happiest, healthiest lives.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anytime, anywhere, and they help you identify thoughts and behavior patterns that affect your emotional well-being, and work through them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

A wealth of resources at your fingertips

Personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.

Build a support team

Add friends or family members as Teammates. They can help you stay motivated and accountable while you work through the program.

Practice mindfulness on the go

Receive weekly texts with messages filled with positive, quick tips, and exercises to improve your mood.

Live and on-demand webinars

Learn how to improve mental well-being with self-help tips and advice from experts.

Anthem

learntolive

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