



Meet Learn to Live

Learn to Live provides digital programs for members (age 13+) struggling with stress, depression, social anxiety, insomnia, substance use, panic or wanting to boost resilience.

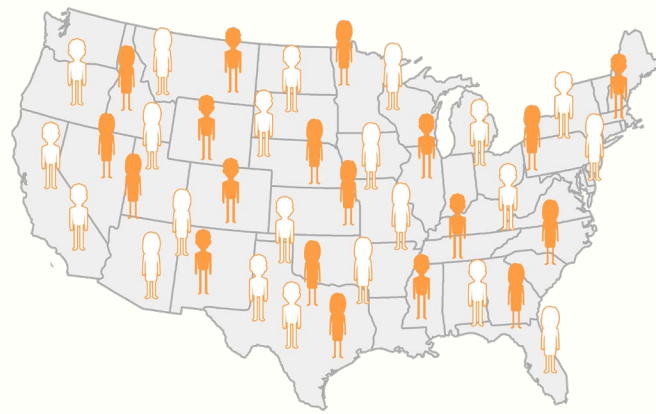


Agenda

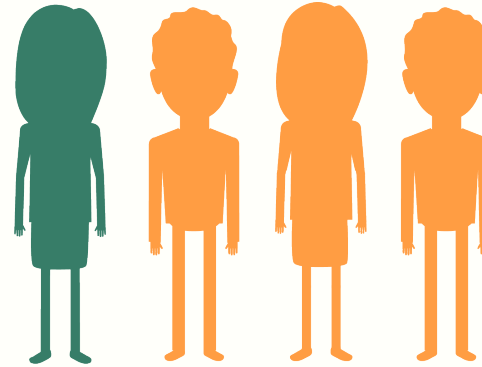
Getting the team ready to talk about Learn to Live:

- L2L overview
- Program access
- Extended resources
- What our members are saying

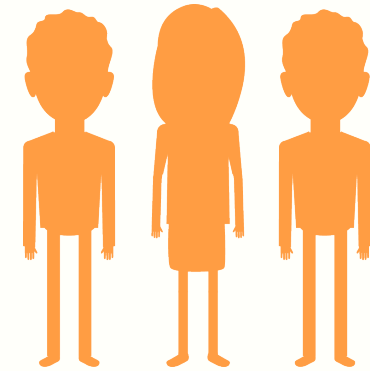
We target those who don't seek traditional therapy



150M suffer¹



3/4 will not seek in-person therapy²



114M gap:
silent sufferers

Learn to Live overcomes access barriers

- Social stigma
- Accessibility: geographic limitations, limited access
- High costs: individuals, employers, insurers, and providers


1,2: Kessler, R. C., PhD. (2005). Prevalence and treatment of mental disorders. NEJM, 352(24), 2515-23.

We provide digital Cognitive Behavioral Therapy (CBT)


- 100% private and confidential
- No cost to you or your family
- Coaching resources available
- Immediate, 24/7 access
- English and Spanish
- Compatible across devices



No-cost access to digital mental health programs




Stress, Anxiety & Worry




Resilience




Insomnia




Substance Use



Depression



Panic



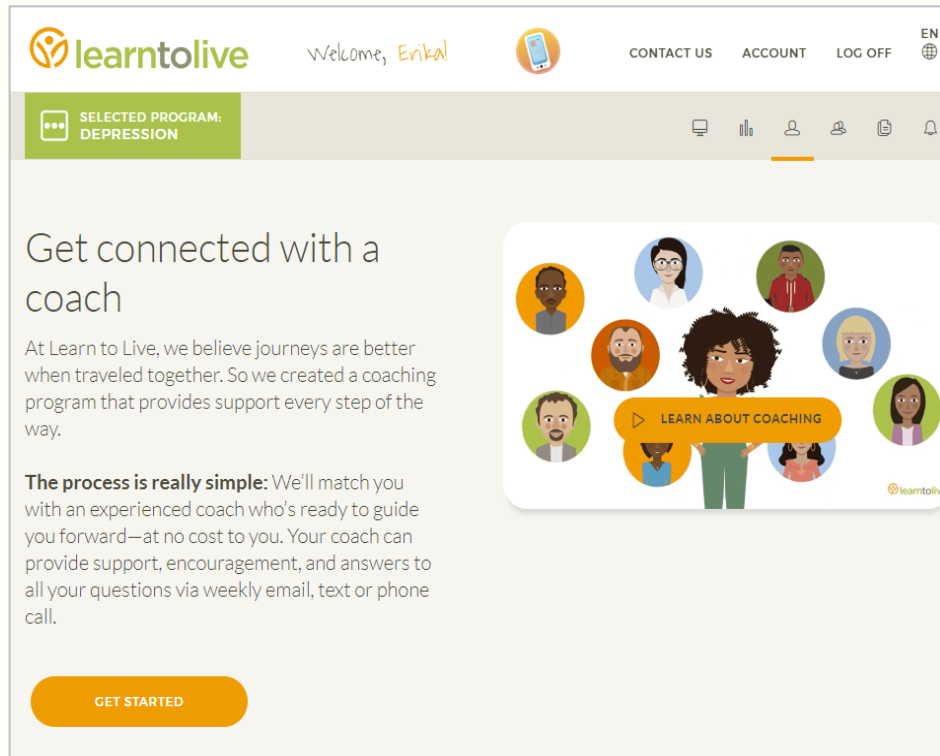
Social Anxiety

Interactive content and user experience

- Confidential mental health assessment
- 8 lessons in each program
- Available to members age 13+ on health plan
- Go at your own pace

The screenshot displays the LearnTolive interface with three overlapping panels. The top panel, titled 'LESSON 1: ACTIVATION', shows a video player with the text 'We Get It! Depression is Hard!' and a woman speaking. The middle panel, titled 'LESSON 2: BEDTIMES & BARRIERS', shows a quiz titled 'Your Bed' with the question 'How do you feel when you are lying in bed, wishing you could fall asleep? Choose any of the emotions below that describe your feelings:' and options: Frustrated, Stressed, Worried, and a partially visible 'Annoyed' option. The bottom panel, titled 'Exercise 7 of 7: Spinning in Circles', provides instructions for the exercise and includes a legend for rating intensity: Green (Very Low), Yellow (Mild), Orange (Moderate), and Red (High). It also features three sets of semi-circular progress indicators for rating 'How Strong were the sensations?', 'How scary was it?', and 'How likely is it that something bad would happen if I repeated the exercise?'. At the bottom, there are navigation buttons: BACK, RESOURCES, TIPS, LISTEN, and CONTINUE, along with a progress bar showing 00:33 / 00:53 and a 'PICK UP WHERE I LEFT OFF' button.

On-staff Coaches play key role



The screenshot shows the user interface of the 'learntolive' website. At the top, there is a navigation bar with the logo, a welcome message 'Welcome, Erik!', and links for 'CONTACT US', 'ACCOUNT', and 'LOG OFF'. Below this is a header for the 'SELECTED PROGRAM: DEPRESSION'. The main content area features a heading 'Get connected with a coach' and a paragraph explaining the coaching program. A central graphic displays several diverse avatars of people, with a prominent orange button that says 'LEARN ABOUT COACHING'. At the bottom left, there is a green 'GET STARTED' button.

learntolive Welcome, Erik!

CONTACT US ACCOUNT LOG OFF EN

SELECTED PROGRAM: DEPRESSION

Get connected with a coach

At Learn to Live, we believe journeys are better when traveled together. So we created a coaching program that provides support every step of the way.

The process is really simple: We'll match you with an experienced coach who's ready to guide you forward—at no cost to you. Your coach can provide support, encouragement, and answers to all your questions via weekly email, text or phone call.

LEARN ABOUT COACHING

GET STARTED

A personalized/tailored coaching experience to support members & encourage members to apply CBT strategies

Key benefits

- One to one experience; 8-12% members use coaches
- Improve psychometric outcomes; 44% improved outcomes when working with a coach

Key capabilities

- Available 24/7; text, email and phone
- Clinical trained and focused on CBT protocols
- Masters level in social work/psychology/counseling
- Opt-in coaching model (same coach) with unlimited coaching


On demand and live webinars

The screenshot displays the 'Webinars' section of the Learn to Live website. At the top, the 'learntolive' logo is visible on the left, and 'EN', a search icon, and 'Dashboard' are on the right. The main heading is 'Webinars'. Below it, a paragraph explains that webinars are hosted by the Learn to Live Clinical Team and provide tips for mental wellbeing. A second paragraph encourages registration for live webinars or watching recorded ones. The page is divided into two main sections: 'Upcoming Live Webinars' and 'Recorded Webinars'. The 'Upcoming Live Webinars' section shows three thumbnail images. The 'Recorded Webinars' section features a search bar, a filter dropdown, and a 'Subscribe' button. It lists three recorded webinars: 'Resilience: The Role of Optimism in Overcoming Life's Challenges' (23 min, marked 'NEW'), 'Broadening Our Perspectives to Lead with Wisdom' (27 min, marked 'COMPLETED'), and 'Don't Let ANTs Ruin Your Lunch' (25 min). Each listing includes a thumbnail image, a title, a duration, and a brief description.

- Presented by the L2L Clinical Team
- Address a variety of topics:
 - Resilience
 - Stress and time management
 - Sleep
 - Perfectionism
 - Substance use
- New webinars added quarterly
- Use access code: **BLUEPLUS** to register

Quick Breaks – New July 2024!

- Prompt, Video and Audio options
- New content each week
- Backed by CBT Principles: Continues to provide members with the mental health support they need




Video **COMPLETED** 5 min

Social Media & Comparing

Social media can make us compare ourselves to others, but remember, people only show their best moments. Don't let social media affect your self-esteem. Enjoy social media without letting it affect you.

Watch




Prompt 4 min

Confidence Builder

Confidence is a key to success. It helps you to build your confidence and feel more assured. Confidence can make a difference in how you approach life.

Read



Audio 4 min

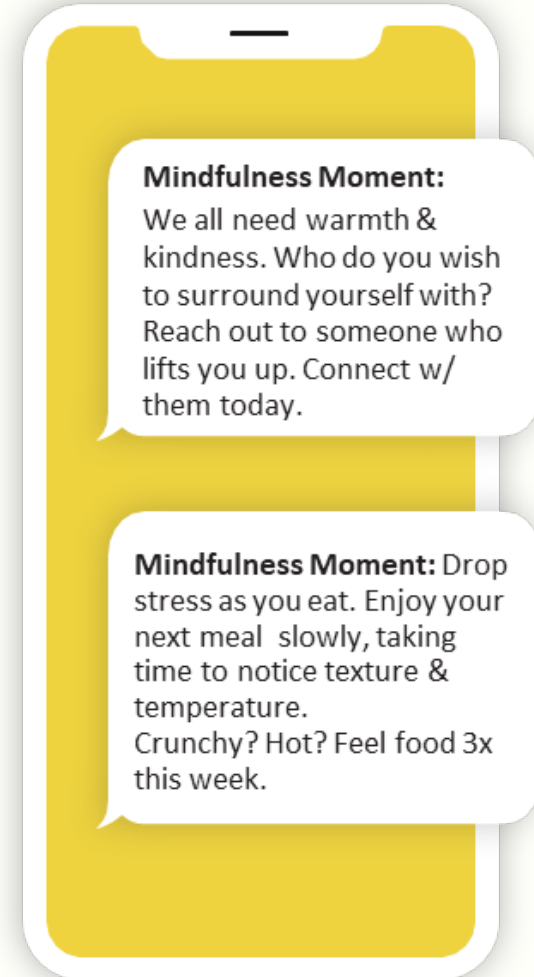
Difficult Discussions

Find out how to handle tough talks and make your conversations easier. Learn tips to communicate better and understand others.

Listen

Mindfulness Moments

- Bi-weekly text messages that users can opt into receiving
- Offer helpful tips and tools to increase your overall general well-being
- Example: Fresh air & nature can invigorate us. Take 5 min to sit outside or take a walk. Breathe deep: inhale freshness, exhale stress. Repeat tomorrow.



Great option for the following members

- Ages 13+ years old
- Those searching for more resources to use in conjunction with other services
- Exploring or ready to make a change
- Mild to moderate sufferers
- Wanting to build resiliency
- Desire to learn more about supporting a loved one
- May not be comfortable with face-to-face options
- Highly values privacy and confidentiality
- Access to the internet and a device
- Learn to Live is not considered to be treatment or tele-medicine

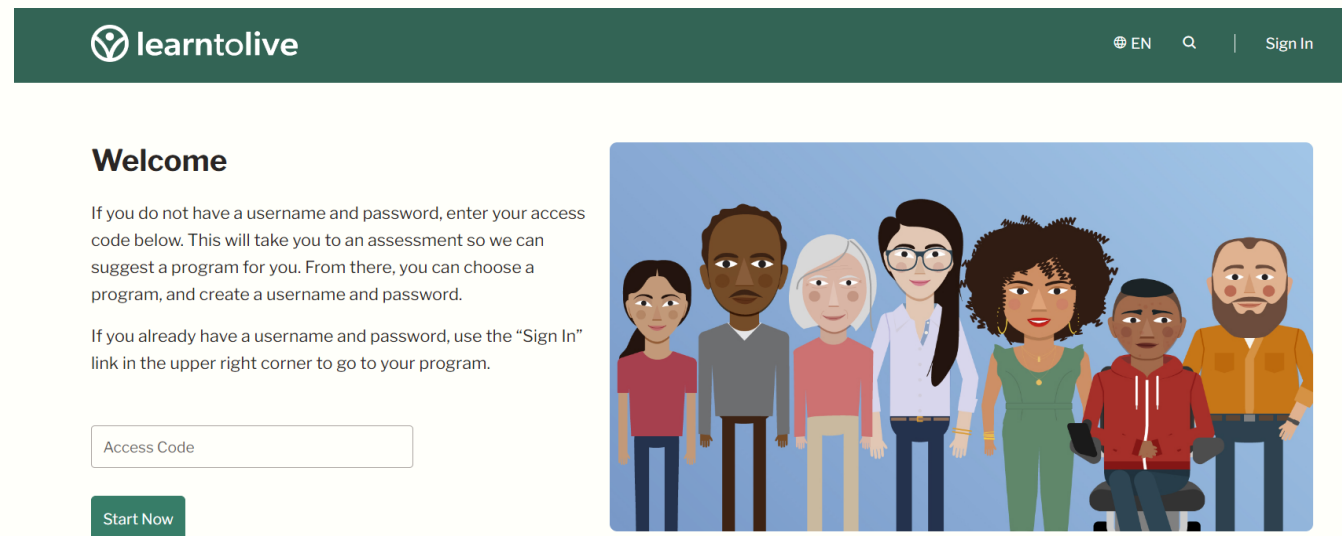
How to access for the first time

1. Member receives custom URL link and access code

- URL: www.learntolive.com/blueplus
- Access Code: BLUEPLUS
- *Eligibility removed for ease of access*

2. After navigating to the above URL, members will enter the access code: BLUEPLUS

3. Click “Submit”



Welcome

If you do not have a username and password, enter your access code below. This will take you to an assessment so we can suggest a program for you. From there, you can choose a program, and create a username and password.

If you already have a username and password, use the “Sign In” link in the upper right corner to go to your program.

Access Code

Start Now



Personal dashboard

The screenshot shows the Learntolive personal dashboard. At the top left, the Learntolive logo is circled in grey. The top right navigation bar includes 'Welcome, Demo!', a mobile phone icon, and links for 'CONTACT US', 'ACCOUNT', 'LOG OFF', and 'EN'. Below this is a secondary navigation bar with 'LESSONS', 'MY PROGRESS', 'COACH', 'TEAMMATES', and 'RESOURCES'. The main content area features a 'Welcome!' message, a progress bar for the 'Stress, Anxiety & Worry' program at 100%, and a 'LESSON 8: Putting It All Together' card with a 'REVIEW' button. A vertical timeline with a 'START' button at the top lists lessons 1 through 7, each with a green checkmark icon.

learntolive

Welcome, Demo! CONTACT US ACCOUNT LOG OFF EN

LESSONS MY PROGRESS COACH TEAMMATES RESOURCES

Welcome!

Here are your eight lessons with the tools you need to get your life back. Each completed lesson or slide unlocks the next one. You can click "Save & Exit" to interrupt your lessons at any time. At the beginning of each lesson is a short assessment that helps you track your progress from the "My Progress" tab. You'll get the best results if you take the time to do the exercises and homework between each lesson. Good luck, and let us know if you have any questions.

Stress, Anxiety & Worry

Program Progress 100%

LESSON 8:
Putting It All Together ▶ REVIEW

START

- LESSON 1: What is Stress, Anxiety & Worry?
- LESSON 2: The STEPP Model & Thought Inspection (I)
- LESSON 3: Thought Inspection (II) & Precautions
- LESSON 4: Perfectionism & Worry-Facing
- LESSON 5: Active Problem Solving
- LESSON 6: Present Awareness & Worry Time
- LESSON 7: Acceptance & Commitment Therapy

New Promotional Flyers

For members of Blue PlusSM

Mental Health Support. Available Anywhere, Anytime.

Online Programs
Cognitive Behavioral Therapy (CBT) programs proven to be as effective as face-to-face therapy.

24/7 Coaching
Program guidance and support every step of the way via email, text or phone.

Mood-Boosting Tips
Weekly text messages with reminders to take a break in your day and focus on you.

Mental Health Made Easy.

- No Cost
- Self-Paced
- Confidential
- No Referral Needed
- English and Spanish

Register at learntolive.com/welcome/blueplus using access code BLUEPLUS

For members of Blue PlusSM

Get the Most Out of Your Digital Mental Health Benefit

Did you know you can access proven cognitive behavioral therapy (CBT) programs online 24/7? You can use programs to support good mental health any time. The programs help with:

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

Here are some important tips to get the most out of Learn to Live.

- Access help when it's convenient for you**
Don't forget that Learn to Live is accessible via the internet or the app. You can use the programs anytime - day or night, all week long. The programs are confidential and convenient. Start your mental health journey the way that works best for you.
- Stick with it**
To see the most benefit, it's important to stick with your CBT program. Research shows the most improvement is seen after completing three or more lessons. In the first few lessons you may still be figuring out your goals, learning about CBT, and learning basic tools. The more lessons you complete, the more likely you'll stick with it and feel improvement.
- Try working with a coach**
One of the best ways to maximize the benefits of a Learn to Live program is to work with a personal coach. And it's free! Members who work with a coach see 44% more improvement compared to those who go it alone.¹
- Include a close friend or family member**
Support from friends and family can be just as helpful as a professional on your mental health journey. They are more involved in your life and can provide practical help, emotional support, and social connection. Consider adding a "Teammate" to your Learn to Live program.
- Check out live and on-demand webinars**
Learn to Live creates webinars on a wide variety of topics. They can be accessed on-demand for your convenience. Watching webinars is an easy way to learn about different mental health topics from experts. They can help improve your overall understanding and awareness about mental health.

Scan or visit: learntolive.com/welcome/blueplus and enter code: BLUEPLUS

For members of Blue PlusSM

Juggling a lot? We can help.

Get mental health care from the comfort of your own home. Learn to Live can help you keep moving forward no matter what life throws at you.

Start your journey today!
Visit www.learntolive.com/welcome/blueplus
Enter access code BLUEPLUS

or Use your phone to scan the QR code

DISPONIBLE EN ESPAÑOL

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

- No additional cost to you
- Private & confidential
- Coaching resources available
- Mobile app available
- Access anytime, anywhere

For members of Blue PlusSM

Everyone has a story. And every story matters.

Your mental health is important to us. We can help.

- Self-paced online programs
- No cost
- 24/7 access
- Coaching available
- Confidential
- Disponible en Español

Start Your Journey Today!
Visit: www.learntolive.com/welcome/blueplus
Enter Code: BLUEPLUS

To begin, scan the QR code below:

Learn to Live's Online Programs
RESILIENCE | STRESS, ANXIETY AND WORRY | SOCIAL ANXIETY | DEPRESSION | INSOMNIA | SUBSTANCE USE | PANIC

File names:

Flyer 1: Anytime, Anywhere

Flyer 2: Get the Most

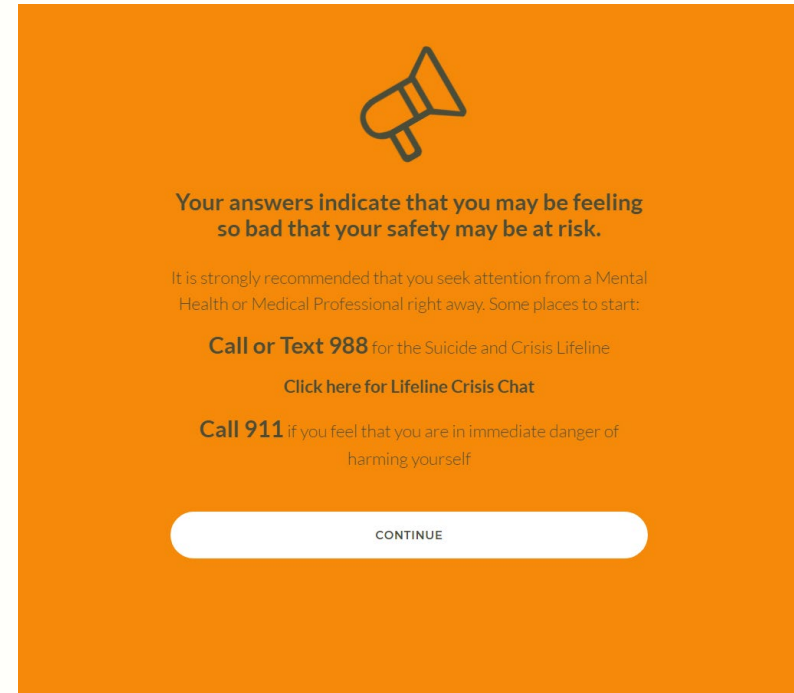
Flyer 3: Juggling a Lot

Flyer 4: Your Story Matters

Appendix

Crisis alert

- An alert message is triggered after the completion of an assessment if member endorses safety risk item
- The alert message strongly recommends the member or nonmember to seek attention from a Medical or Mental Health Professional, and provides:
- Crisis chat link
- National Suicide Prevention Hotline link/number
- 911
- Alert Message can be customized based on client specific requirements
- If a user is in coaching, their coach is made aware of this via an alert on the coaching tools dashboard



Why partners trust us

- Health Equity: 21 total characters, over 50% of our characters represent cultural and diverse backgrounds, 19 of 21 characters are Gen X or Millennials
- High multimedia & interactivity
- Meets regulatory requirements
- Integration with points of care across partnership ecosystem
- Customized training for care partners

