Digital Mental Health Programs that Improve Member Outcomes

Evidence-based digital cognitive behavioral therapy

Our confidential, self-directed services, coupled with 24/7 clinician coaching address some of the most common mental health problems members face and to remove the greatest barriers to receiving care: stigma, access, and cost.

Research-Based Mental Health Services That Deliver Measurable ROI

With much higher utilization rates than face-to-face therapy and other traditional services such as EAP, our programs and coaching significantly reduce the cost of providing care and other medical expenses as a result of mental health improvement.

4x annual return on investment

31% drop in depression and anxiety measures

46% of members move from clinical levels to subclinical levels of suffering

95% of members report achieving their personal goals

A Trusted Collaborator for Health Plans Across the Nation

Learn to Live's programs and services easily scale to suit any size member population for all health plan segments: self-insured, commercial fully insured, Medicare, and Medicaid, and offer:

- Comprehensive turnkey service and support with go-live in 8 weeks or less
- Training and operations integration
- Awareness strategies and engagement management
- Reporting on utilization, clinical outcomes, and cost savings
- Member assistance in bridging to other in-network providers, if needed
- A suite of fully embedded product integration services such as SSO and API

"We love the 24/7-behavioral health resources that Learn to Live provides to our employees and their family members. They can complete the programs at their own pace, listen to webinars on demand or live, receive one-on-one coaching or mindful moments text messaging, participate in fun challenges and so much more."

Kristal Johnson, Benefits & Leave Partner, Safety Coordinator, Human Resources, Blue Cross and Blue Shield of North Dakota Employee Group

Bridging Gaps in Care to Improve Health Equity

Learn to Live's programs and clinician coaching services are accessible anywhere, anytime to support the emotional, psychological, and social wellbeing of your members regardless of race, ethnicity, geographic location, education, income, and gender. Compared to in-person therapy, teletherapy, and other options:

- 76% of members say convenient 24/7 access is an advantage
- 83% of members say the ability to go at their own pace is an advantage

"If you would have told me three years ago that I would be anxiety free and eating in restaurants like everyone else, I would have laughed and thought you were making a cruel joke. I had nearly accepted that this was my lot in life, but it's certainly not true. Take the Learn to Live social anxiety program seriously, and your life will change seriously. It did for me!"

Heidi, Learn to Live User

Breadth of Mental Health Programs and Clinically Proven Depth of Content Supports Your Broad Member Base

Members begin with a 5-minute comprehensive clinical assessment to identify mental health problems that may be affecting them and receive program recommendations based on the results. Our programs include:

- Depression
- Stress, Anxiety & Worry
- Social Anxiety
- Panic

- Insomnia
- Substance Use
- Resilience

Simple Access to Support Sustained Engagement

Members actively engage in our programs and services due to compelling self-directed courses and personalized 1:1 live clinician coaching.

Learn to Live also provides a wide variety of resources and services to engage members in their mental health care based upon personal preference and convenience including:

- Comprehensive psychometric assessments and program suggestions
- Live and on demand webinars
- Weekly encouraging text messages
- The ability to invite a friend or family member to support their journey
- Social media support groups

6x higher engagement in Learn to Live's mental health programs and services than traditional options

70% of users have never used or recently engaged in traditional services

94% of users recommend Learn to Live's programs