

PROVIDER QUICK POINTS

PROVIDER INFORMATION



June 9, 2021

Learn to Live – An Online Behavioral Health Resource for Select Blue Cross and Blue Shield of Minnesota Health Plan Members

Blue Cross and Blue Shield of Minnesota and Blue Plus are working with Learn to Live – an online resource available at no cost to select Blue Cross and Blue Shield members* and their families, ages 13 and older - to support their behavioral and emotional well-being.

Learn to Live is an online mental health program for those living with stress, depression, substance use concerns, insomnia and/or social anxiety. Grounded in the proven principles of Cognitive Behavioral Therapy, Learn to Live resources focus on problem solving and changing behaviors. Learn to Live is not a replacement, but rather serves as a complement to other services that members have access to.

Key Learn to Live Features:

- 24/7 access to five online, self-guided programs and features
- Ability to start, stop and save progress
- No cost for Blue Cross and Blue Shield of Minnesota members, ages 13+, who have this benefit as part of their Blue Cross plan.*
- Can be used in conjunction with other services that members may have access to (in-person therapy, EAP, wellness programs)
- Personal coaching available (phone, text, email)

Want to learn more? Please use the link below to view a brief video on the Learn to Live offering:

<https://youtu.be/5Q-el-Z2oIM>

Learn To Live is a wellbeing program. Eligible members may benefit from recommendation to utilize available self-paced modules and coaching through Learn To Live as an additional support.

Impacted Programs:

- Blue Cross and Blue Shield of Minnesota eligible Blue Plus members (ages 13-64)
 - Locate Blue Plus Member ID on the front of Blue Cross member card
 - Visit learntolive.com/blueplus and enter Blue Plus Member ID
- Blue Cross and Blue Shield of Minnesota members covered by an employer health plan (ages 13+)*
 - Get unique access code from employer or Blue Cross customer service line
 - Visit learntolive.com/partners and enter the unique code

**Not all plans offer Learn to Live. Some members may not have access to this program. Members can call the customer service phone number on the back of their Blue Cross ID card to verify coverage and how to access.*