

# PROVIDER QUICK POINTS

## PROVIDER INFORMATION



June 22, 2022

### 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 (Blue Cross) has expanded the availability of **Learn to Live**, an online resource available at no cost to select Blue Cross members to support their behavioral and emotional well-being. Providers are encouraged to share this information with their patients.

Learn to Live is an online mental health resource for those living with stress, depression, substance use concerns, insomnia and/or social anxiety. While not a replacement for traditional counseling or therapy, Learn to Live serves as a complement to these services. Grounded in the proven principles of Cognitive Behavioral Therapy, Learn to Live focuses on problem solving and changing behaviors.

#### Key Learn to Live Features

- 24/7 access to five online, self-guided programs and features with the ability to stop and save progress
- Programming in Spanish and English
- Mobile app now available
- Compatible across devices
- No member cost share for eligible Blue Cross members\*

#### Want to learn more?

Click to view a brief video on Learn to Live: <https://youtu.be/5Q-el-Z2oIM>

#### Products Impacted

Now available to Minnesota Health Care Programs (MHCP) members age 13+

- Blue Advantage Families and Children
- MNCare
- Blue Advantage Minnesota Senior Care Plus
- SecureBlue

#### To Access

- **MHCP members**, visit [learntolive.com/blueplus](https://learntolive.com/blueplus) and enter code BLUEPLUS, followed by Blue Cross Member ID number
- **Members covered by an employer health plan**, call the customer service number on the back of the Blue Cross Member ID card and ask for a unique access code (or ask employer to provide one), then visit [learntolive.com/partners](https://learntolive.com/partners) and enter the code

#### Questions?

Members can call the customer service number on the back of the Blue Cross Member ID card with questions or to determine eligibility.

*\* Not all plans offer Learn to Live. Some members may not have access to this program.*