



# learntolive

## A Program to Help You Care for Yourself – Your Whole Self

Treating your emotional, psychological, and social well-being with the same care as your physical health is important. Behavioral health conditions can significantly impact day-to-day life, including your relationships, happiness, and productivity. To help you enjoy your happiest, healthiest life, we offer a self-directed virtual program called Learn to Live. It's confidential, available in English and Spanish, and accessible from anywhere.



Identify the thoughts and behavior patterns that perpetuate your issues, so you can work through them



Understand how your mind works and how to deal with what's keeping you anxious or down



Practice your new thinking and living as often as you like while setting goals and tracking progress



Learn ways to deal with the problem and develop new healthy habits with new ideas like thought inspection



Live well as you manage your thoughts, actions, and attention with new tools and capabilities

# Cognitive Behavioral Therapy



## A Proven Method

Learn to Live is based on the principles of Cognitive Behavioral Therapy (CBT). CBT helps you become aware of inaccurate or negative thinking so you can view challenging situations more clearly and respond to them in a more effective way. Hundreds of studies have shown that CBT is a powerful solution to problems like anxiety and depression, and when CBT tools are delivered online, they're as effective as face-to-face sessions.

## Learn to Live Benefits

- Immediate 24/7 access to self-paced programs
- Ability to start, stop, and save your progress
- No cost to you or your family
- As effective as in-person therapy
- Coaching available via phone, email, or text

## The Learn to Live Programs

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



To get your access code, call **800-878-4445**

Then register at **[LearnToLive.com/Welcome/ProvidenceHealthPlan](https://LearnToLive.com/Welcome/ProvidenceHealthPlan)**



Resources for  
Improved Well-Being



**Self-Management and  
Mindfulness Tools**



Telehealth/  
Virtual



Broad Clinical  
Network



Crisis  
Care

Learn to Live is a self-management tool that makes up our larger suite of behavioral health offerings.

To explore all of the options available to you and see what best fits your need, visit

**[ProvidenceHealthPlan.com/BehavioralHealth](https://ProvidenceHealthPlan.com/BehavioralHealth)**