

Make your emotional well-being a priority

A digital support team can help motivate you

Your emotional well-being is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues. These digital tools are available anywhere, anytime.

Start by completing an assessment and enrolling in a program. As you work toward your goals, it helps to have someone who can guide you in applying what you learn or cheer you on.

Start building your support team

Log in to [anthem.com](https://www.anthem.com), go to Care, choose Health & Wellness Center, and select Emotional Well-being Resources.

Connect with a coach and choose teammates for support



Adding a coach can lead to more program success:¹

Our coaches keep all your information confidential. They are trained to guide you through your program and offer personalized suggestions to help you reach your emotional well-being goals.

- A coach can offer education, practical and personal support, and help make lessons easier to follow.²
- Coach support can provide ways to overcome obstacles and help ease stress.³



Another great option: select teammates

You can also add one or two friends and family – or even your therapist – as your teammates. They can cheer you on as you move through the programs and keep you motivated. Your teammates don't see all your program details, just the progress you're making.



¹ Learn to Live internal data

² U.S. National Library of Medicine: *A Qualitative Study of How Health Coaches Support Patients in Making Health-Related Decisions and Behavioral Changes* (accessed November 2021); [ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/35811111/).

³ U.S. National Library of Medicine: *Social support moderates stress effects on depression* (accessed November 2021); [ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/35811111/).

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With you every step of the way

Emotional Well-being Resources offer help when you need it



Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you and your household live your happiest, healthiest lives.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

Log in to [anthem.com](https://www.anthem.com), go to My Health Dashboard, choose Programs, and select Emotional Well-being Resources.

Effective: 1/1/22

A wealth of resources at your fingertips



Personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.



Live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.



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