



# 'Learn to Live' Digital Mental Health Support

My Benefits. My Life.



Learn to Live is included in your Blue Cross and Blue Shield of Illinois coverage - no additional cost!

### Login to Get Started

[bcbsil.com/foundations](https://bcbsil.com/foundations)

- click the "Wellness" tab
- select "Digital Mental Health"

If you deal with anxiety, stress, depression, substance use, panic, or sleep problems, there's an online resource with programs that can help.

Learn to Live is confidential, and you can access it from anywhere. Programs are based on therapy techniques that help people feel better.

Each program is 8 lessons long and you can go at your own pace (typically 8-12 weeks).



### Who is eligible?

Employees enrolled in the medical plan and their covered dependents over age 13.

Visit [farmcreditfoundations.com](https://farmcreditfoundations.com) for more benefit information