



Feeling stressed, anxious or discouraged?

Reach out so you do not suffer silently.

You are not alone. One in two people will go through a mental health issue in their life. Teens need special support.

Blue Cross and Blue Shield of New Mexico offers eligible members (age 13 and older) and caregivers access to Learn to Live, an online resource to help your emotional well-being. It is confidential and does not need parental consent.

How can Learn to Live help? By using proven behavioral therapy methods, you can understand how your mind works and change your behavior patterns. Programs offer support for **stress, worry, depression, social anxiety, sleeplessness and substance use.**

Take the next step to:

- deal with your fears
- move through your emotions
- overcome challenges
- build resilience and relationships
- feel better

Learn to Live features:

- online, self-paced programs
- unlimited one-to-one coaching sessions by phone, email or text
- no cost for eligible members ages 13 and older and caregivers

To start, take our online self-paced, private assessment at **www.learntolive.com/Welcome/BCBSNMMedicaid** Access Code: **NMMED**
BCBSNM subscriber ID required: Call Customer Service at **1-866-689-1523** to request your subscriber ID



Learn to Live is a Value-Added Service that provides an online, self-paced mental health program.

It is an educational program and should not be considered medical treatment. Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. © 2023 Learn to Live, Inc.

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To ask for auxiliary aids and services or materials in other formats and languages at no cost, please call 1-866-689-1523 (TTY/TDD: 711).

Blue Cross and Blue Shield of New Mexico complies with applicable federal civil rights laws and does not discriminate on the basis of health status or need for services or race, color, national origin, age, disability, sex, ancestry, spousal affiliation, sexual orientation and/or gender identity. See our full non-discrimination notice and contacts.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, kojí' hódíłnih 1-855-710-6984 (TTY: 711).