Emotional Well-being Resources

Learn to Live Change your Mind-Change your Life
COVID-19 has worsened the country’s mental healthcare crisis

4 in 10 adults reported symptoms of anxiety or depressive disorder during the pandemic.

Compared to 1 in 10 from 2019.¹

This reality is expected to increase demand for mental health services in 2021 to 1 in 3 adults needing support.²

Emotional Well-being Resources program effective 1/1/22

It’s important to treat emotional, psychological, and social well-being with the same care as physical health concerns.

With Emotional Well-being Resources, you can receive support to help you and your household live your happiest, healthiest lives.

The program is administered by Learn to Live, a trusted partner in health.

Emotional Well-being Resources will replace myStrength.

Available in English and Spanish.
Emotional Well-being Resources
Overview and program benefits

- Self-guided digital Cognitive Behavioral Therapy (CBT) expands access to support and eliminates social stigma barriers.
- Comprehensive self-assessments facilitate appropriate program recommendations for employees and their families (age 13+).
- Personalized care modules promote skill-building, resiliency, and mindfulness.

Learn to Live provides support for:
- Social Anxiety
- Depression
- Stress, Anxiety, worry
- Insomnia
- Substance Use
- Covid 19 concerns
# A wealth of resources at your fingertips

<table>
<thead>
<tr>
<th>Personalized, one-on-one coaching</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team up with an experienced coach who can provide support and encouragement by email, text, or phone.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Build a support team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Add friends or family members as Teammates. They can help you stay motivated and accountable while you work through programs.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Practice mindfulness on the go</th>
</tr>
</thead>
<tbody>
<tr>
<td>Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Live and on-demand webinars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn how to improve mental well-being with useful tips and advice from experts.</td>
</tr>
</tbody>
</table>
What’s next?

Take a quick assessment to find the program that’s right for you!

To access Emotional Well-being Resources beginning January 1:

Log in to www.anthemeap.com
Enter your company code: SISC
Or call 800/999-7222 to learn more
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 live your happiest, healthiest life.

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.

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.

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:

Go to anthemEAP.com and enter your company code to log in: SISC. Call 800-999-7222 to learn more.

Effective: 1/1/22

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

EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. Anthem is a registered trademark. Use of the Anthem EAP website constitutes your agreement with our Terms of Use.
Learn to Live Enrollment Guide

- Go to: [http://www.anthemeap.com/](http://www.anthemeap.com/)

- Click Log In:
- In the Company Name field, enter “SISC” and click Login:
- Click the + to expand “Emotional Well-Being Resources” tab:
Once expanded, click the link to be taken to the Learn to Live start page:
Click “Get Started” to begin the enrollment process:

Change your mind. Change your life™

Already registered? Click “Sign In” in the upper right corner to go directly to your program.

View more information on our privacy policy.

Taking charge of your emotional well-being is within your reach. With Emotional Well-being Resources, you have the support you need to develop resilience, reduce stress and practice mindfulness.

Emotional Well-Being Resources can help you identify the thoughts and behavior patterns that affect your emotional well-being — and work through them with online programs and personalized coaching. You’ll learn effective ways to manage stress, depression, anxiety, sleep issues, and more.
• To receive a program recommendation, begin the assessment by answering all questions, or click Skip Assessment if you want to choose your own program without a recommendation:
Once you complete the assessment, a program will be recommended based on your responses. At this point, or if you skip the assessment, you will be prompted to select a program by clicking “Enroll Now”:
Once you click “Enroll Now” you will be prompted to choose an email and password. This will be your login information used to access the website:

You will then be prompted to put in your information so you can get started with the program (i.e. name, birthdate, etc).
Learn to Live Enrollment Guide

• Go to: http://www.anthemeap.com/
• Click Log In
• In the Company Name field, enter “SISC” and click Login
• Click the + to expand “Emotional Well-Being Resources” tab
• Once expanded, click the link to be taken to the Learn to Live start page
• Click “Get Started” to begin the enrollment process
• To receive a program recommendation, begin the assessment by answering all questions, or click Skip Assessment if you want to choose your own program without a recommendation
• Once you complete the assessment, a program will be recommended based on your responses. At this point, or if you skip the assessment, you will be prompted to select a program by clicking “Enroll Now”
• Once you click “Enroll Now” you will be prompted to choose an email and password. This will be your login information used to access the website
• You will then be prompted to put in your information so you can get started with the program (i.e. name, birthdate, etc).