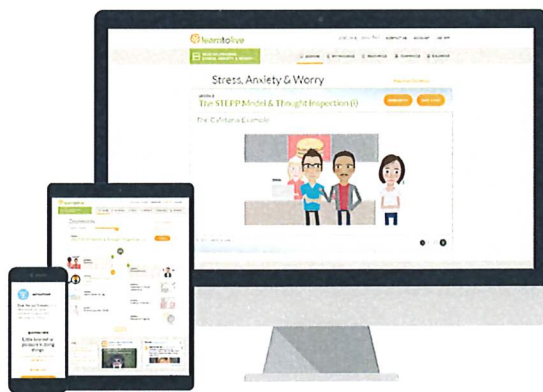




# 1 in 2

people will experience  
a mental health issue  
during their lifetime.

Feeling stressed, sleepless, anxious or discouraged  
*We're here to help.*



**Access Learn to Live from anywhere!**  
Mobile app available now for Apple  
and Android devices

**MIIA** has invested in your mental and emotional well being by offering confidential, online support from Learn to Live at no cost to you.

### Learn to Live benefits:

- Immediate, 24/7 access to self-paced programs
- Ability to track progress and success
- No cost to you or your family members (ages 13+)
- As effective as in-person therapy
- Coaching available (phone, email, text)
- English and Spanish programs available

To get started, visit [learntolive.com/partners](http://learntolive.com/partners) and enter the code: MIIA