

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

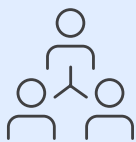
- Log in to **anthem.com** or the **Sydney<sup>SM</sup> Health app**, go to **My Health Dashboard**, choose **Programs**, and select **Emotional Well-being Resources**.
- From there, you will be transferred to the Learn to Live website, where you can register with an email address and password.

## 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, 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.



Kentucky Employees' Health Plan



# Here are answers to common questions about Emotional Well-being Resources administered by Learn to Live



## What types of programs does Learn to Live offer?

It offers programs on:

- Anxiety, stress, and worry
- Depression
- Insomnia
- Social anxiety
- Substance use

## How can I sign up?

You can sign up at **anthem.com** or on the **Sydney app**. Once signed in, go to **My Health Dashboard** and choose **Programs**. Under Programs, choose **Emotional Well-being Resources**. You will then be directed to the **Learn to Live website**. From there, you can register with your email address and a password.

## Is there any age limit to sign up?

You must be 13 or older to sign up.

## How long are the programs?

Each program is made up of eight lessons. You can complete them at your own pace.

## How long are the webinars?

They usually last 25 minutes.

## How long are the coaching sessions?

In most cases, they are 20 minutes long. The length of a session can vary, though.

## What qualifications do coaches have?

Coaches have a Master's degree or higher in psychology, counseling, or social work.

## How long does the coaching relationship last?

The relationship lasts about three months.

## Are coaches available 24/7?

Coaches work regular hours. They are not available 24 hours a day, seven days a week. If you need to meet with a coach outside normal business hours, you can. You will be able to connect with a coach to find a time that works for both of you.

## Can I track my progress?

Yes, if you are a registered user. You will always be able to track your progress and access Emotional Well-being Resources.