



## Are you uncomfortable with the idea of going to therapy? Learn to Live may be the answer for you.

Mental health challenges can be some of the most difficult experiences in life, but not everyone is comfortable with the idea of going to therapy. If you would prefer an option that feels less intrusive and more private, or one that doesn't require finding extra time or money to make regular therapy appointments, then Learn to Live – an online service available to all MMHG members and family members at no cost – might be the right solution for you.

### **What exactly is Learn to Live?**

Learn to Live provides self-guided online programs available 24/7 via web or mobile app so you can access them privately whenever works best for you. The programs are based on the proven principles of Cognitive Behavioral Therapy (CBT), which can be learned and practiced using online tools without the need for face-to-face therapy.

You can think of Learn to Live as a virtual gym for your mental fitness where you can build skills that help you navigate the challenges of life, in addition to overcoming specific concerns like depression and anxiety.

### **Do these online programs actually work?**

Yes. In fact, over 20 years of research demonstrates that online CBT programs like Learn to Live can be just as effective as face-to-face therapy. 95% of Learn to Live users report achieving their personal goals using the service.

### **Mental health is a very personal thing. Who has access to my information when I use Learn to Live?**

Learn to Live keeps your personally identifying information secure and confidential, meaning it will not be shared with your employer or health plan, nor will it be rented or sold to other companies or individuals.

### **I like the privacy, but do I have to use Learn to Live entirely on my own?**

No. Although Learn to Live doesn't provide face-to-face therapy, you can enroll in live coaching from an expert clinician dedicated to your success at no extra cost (you pay for nothing using Learn to Live!). Instead of acting as your therapist, your Learn to Live coach is more like a personal trainer who helps you

get the most from your experience by providing guidance, encouragement, and support applying what you learn to the unique circumstances of your life.

You can connect with your coach by phone, text, or email with no limit on how many sessions you can use. And just like working with a true personal trainer, you can expect even better results – members who work with a coach see 44% more improvement than those using programs alone. For more information on coaching, [check out this video](#).

### **This sounds too good to be true. What's the catch?**

The only catch is that developing new skills takes time and consistent effort, so it's important to set aside time and commit to pursuing your goals. Learn to Live includes features that make it easier to stay on-track and enlist support from family and friends. When in doubt, sign-up with a coach – many successful Learn to Live members have cited their relationship with their coach as the single biggest factor that helped them stay focused and realize their goals.

### **Ready to get started?**

You can setup your account in just a few minutes. Start at [learntolive.com/partners](https://learntolive.com/partners) or the mobile app and enter access code: MMHG.

You can complete the 23-question assessment for a program recommendation or skip straight to choosing a program.