



## Helping People *Learn to Live* Better Lives

- Online self-paced mental health service
- Focused on adjusting thoughts and actions
- Access via desktop, tablet or mobile device

HealthSelect of Texas® medical plan participants who are age 13 and older and living in the U.S., including those enrolled in Consumer Directed HealthSelect<sup>SM</sup> or Medicare, are eligible to enroll.

Scan the QR code to learn more.



Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas.

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas® and Consumer Directed HealthSelect<sup>SM</sup>.

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