

# Clinically Proven Programs to Improve Mental Health Outcomes

Learn to Live offers customized online programs based on the proven principles of cognitive behavioral therapy (CBT). The programs are confidential, accessible anywhere, and based on years of research showing online CBT programs to be as effective as face-to-face therapy.

Programs include:

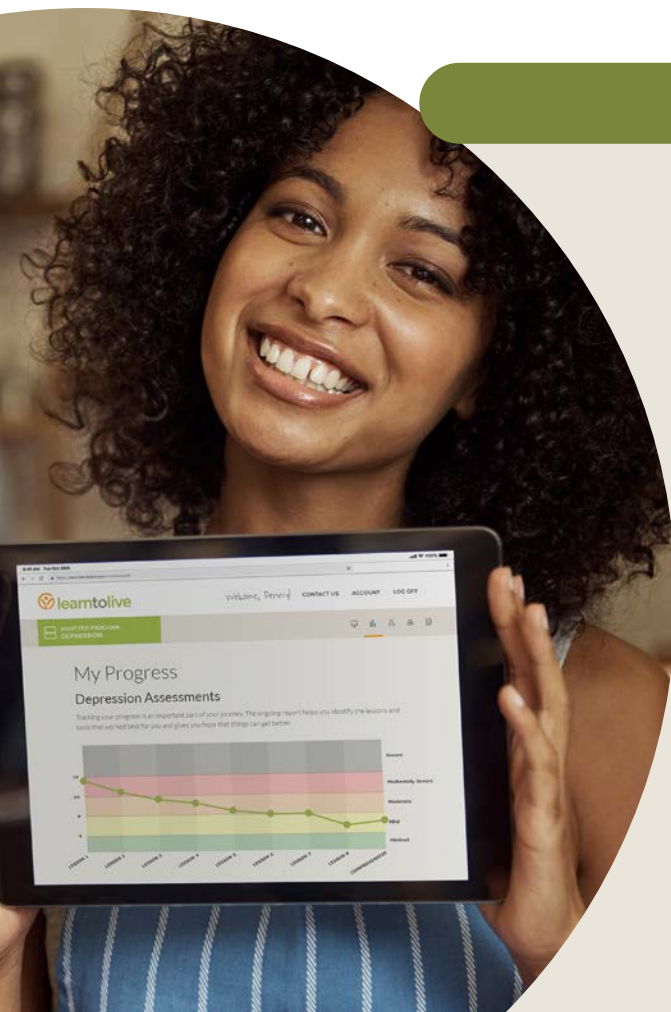
- Depression
- Stress, Anxiety & Worry
- Social Anxiety
- Panic
- Insomnia
- Substance Use
- Resilience

## Learn to Live's Proven Results

Learn to Live's 24/7 access to online mental health programs and services help people who suffer silently without help due to barriers like cost, access, and stigma.

Learn to Live brings together the clinically proven strategies of CBT with an easily accessible technology platform and live clinician coaching to improve outcomes, productivity, and morale.

- Serving 32+ million members across 180+ organizations and growing
- 6x higher engagement in Learn to Live programs than traditional options
- 50% improvement in depression and anxiety measures
- 46% of members move from clinical levels to subclinical levels of suffering



# Learn to Live Programs

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## Depression

Depression affects almost 10% of people each year. The Depression program helps people change unhelpful thought and behavior patterns, actively solve problems, improve sleep habits, develop assertiveness, and understand personal boundaries and relationships.

## Social Anxiety

Social anxiety sufferers experience an intense, persistent fear of being watched, scrutinized, evaluated, or judged by others. The Social Anxiety program teaches people how to control their thinking, develop confidence, and become more relaxed and less anxious in social situations.

## Insomnia

Between 33% to 50% of adults report regular difficulty falling asleep or staying asleep. The Insomnia program provides tools to improve the quality and quantity of sleep. Participants learn how to harness their fatigue, sleep better, and let go of the stress that often contributes to insomnia.

## Resilience

The Resilience program provides users with important tools and strategies to bounce back from life's challenges. It helps people train their minds to think optimistically, build healthy relationships, communicate better, and adopt helpful daily habits. The Resilience program provides strategies to live a more meaningful life.

## Stress, Anxiety & Worry

Painful stress, anxiety, and worry affect up to 30% of the population each year. The Stress, Anxiety & Worry program helps people inspect their thoughts and debunk irrational assumptions, learn relaxation and coping techniques, face fears, and increase assertiveness.

## Panic

Approximately 11% of Americans experience a panic attack each year. The Panic program helps people who suffer from repeated episodes by guiding them through safe and effective practices that address real panic concerns, and help them live alongside their fears.

## Substance Use

Problems with substance use impacts 1 in 10 people every year and can have a significant impact on the lives of sufferers. The Substance Use program teaches people how to manage cravings, turn down offers for drugs or alcohol, improve relationships, and focus on well-being.

