

# Emotional Well-being Resources



Learn to Live Change your Mind-Change your Life

# COVID-19 has worsened the country's mental healthcare crisis



**4 in 10** adults reported symptoms of anxiety or depressive disorder during the pandemic.



Compared to **1 in 10** from 2019.<sup>1</sup>

This reality is expected to increase demand for mental health services in 2021 to **1 in 3** adults needing support.<sup>2</sup>



# Emotional Well-being Resources program effective 1/1/22

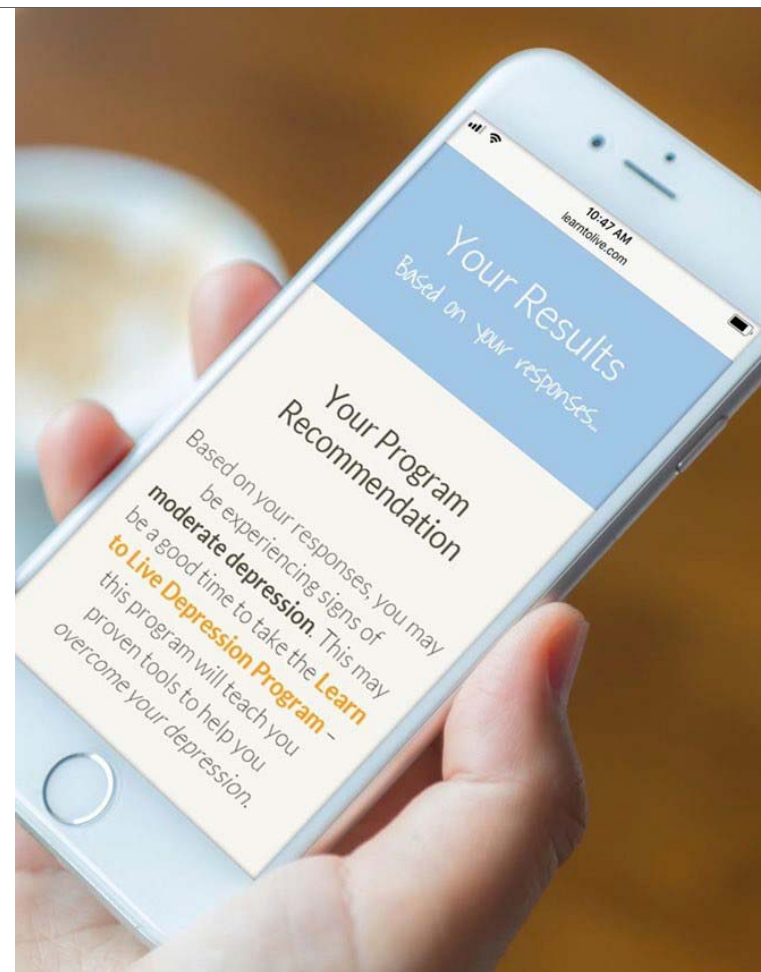
It's important to treat emotional, psychological, and social well-being with the same care as physical health concerns.

With Emotional Well-being Resources, you can receive support to help you and your household live your happiest, healthiest lives.

The program is administered by Learn to Live, a trusted partner in health.

**Emotional Well-being Resources will replace myStrength.**

Available in English and Spanish



# Emotional Well-being Resources

## Overview and program benefits

- Self-guided digital Cognitive Behavioral Therapy (CBT) expands access to support and eliminates social stigma barriers.
- Comprehensive self-assessments facilitate appropriate program recommendations for employees and their families (age 13+).
- Personalized care modules promote skill-building, resiliency, and mindfulness.

Learn to Live provides support for:



**Social Anxiety**



**Depression**



**Stress , Anxiety, worry**



**Insomnia**



**Substance Use**

**-Covid 19 concerns**

# 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, quick 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.

# What's next?

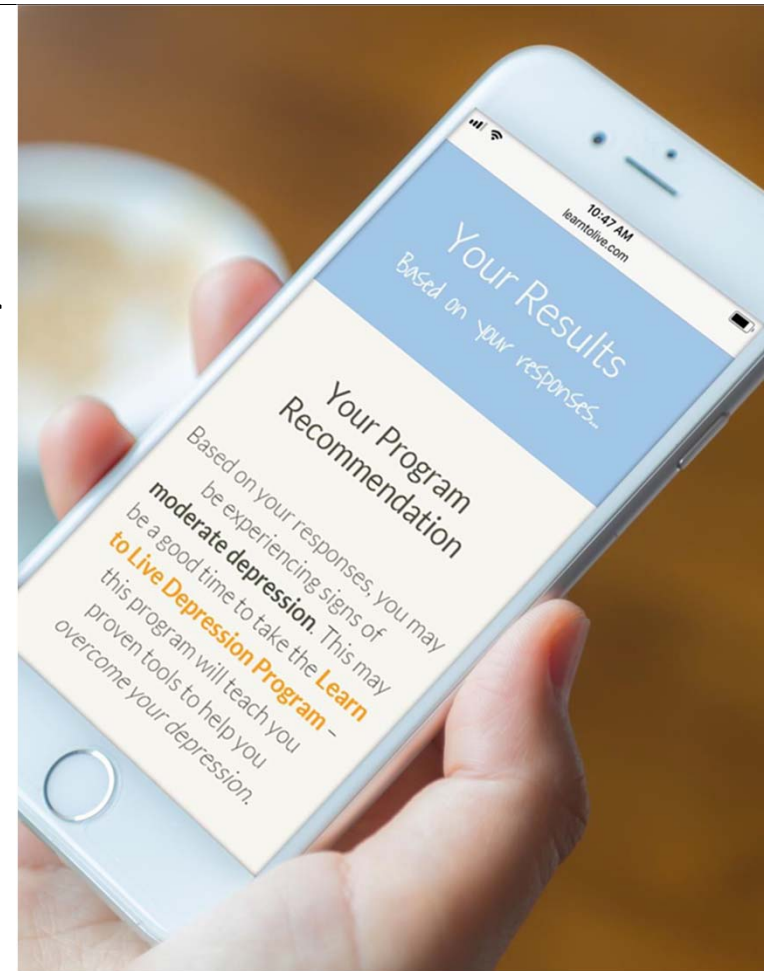
Take a quick assessment to find the program that's right for you!

To access Emotional Well-being Resources beginning January 1:

Log in to [www.anthem.eap.com](http://www.anthem.eap.com)

Enter your company code: SISC

Or call 800/999-7222 to learn more



# 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 live your happiest, healthiest life.

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

Go to [anthemEAP.com](https://anthemEAP.com) and enter your company code to log in: SISC. Call 800-999-7222 to learn more.

Effective: 1/1/22

## 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, quick 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.

**Anthem® EAP**



**SISC**  
Self-Insured Schools of California  
Schools Helping Schools

 **learntolive**

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

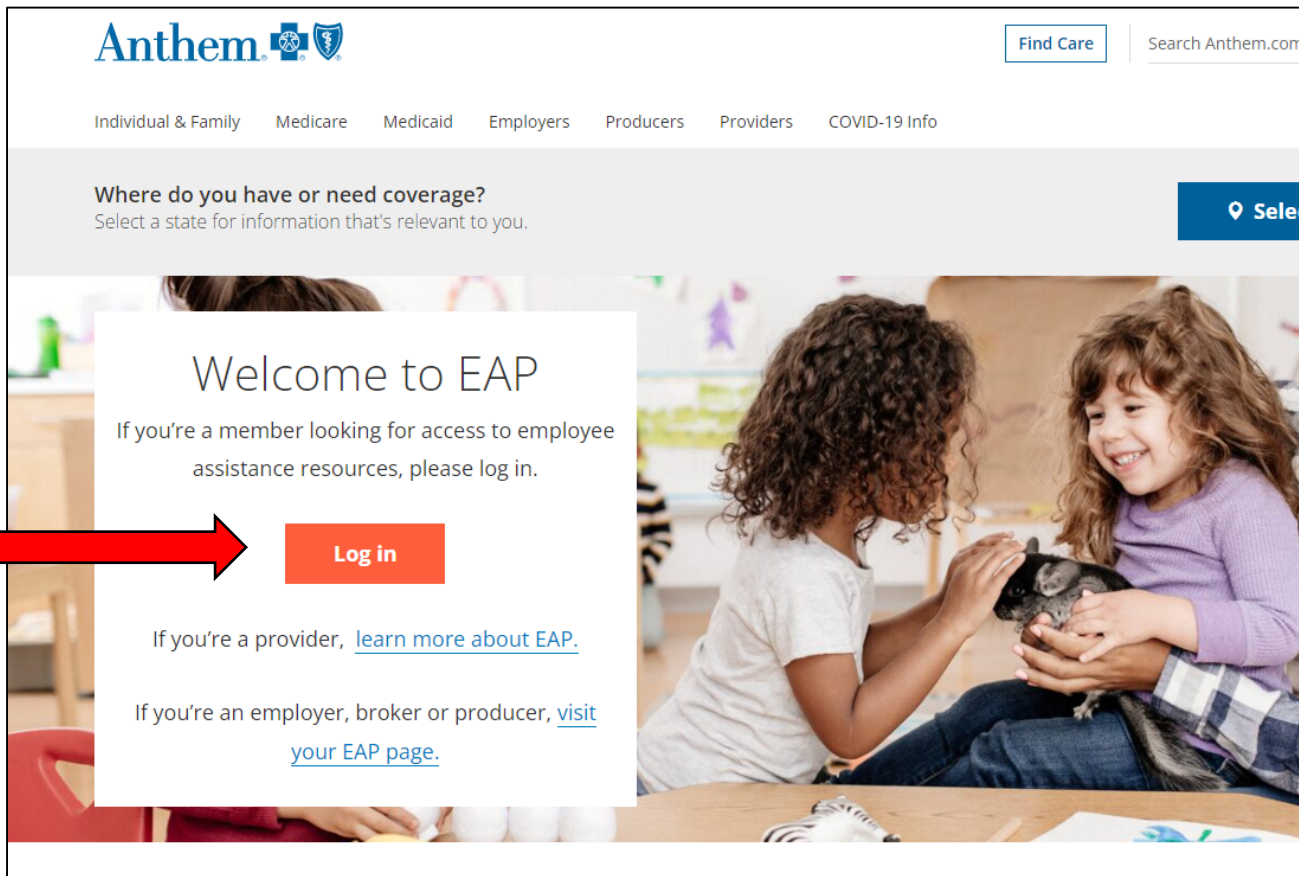
EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. Anthem is a registered trademark. Use of the Anthem EAP website constitutes your agreement with our Terms of Use.

1033584MUMENEAP VP0D BY 06/21



## Learn to Live Enrollment Guide

- Go to: <http://www.anthem.eap.com/>
- Click Log In:





- In the Company Name field, enter “SISC” and click Login:

Welcome to your EAP website.

Explore wellness, work/life, legal and financial information and resources by **logging in below**. EAP services are available to eligible members and their families.

If you would like more information about the site's confidentiality, please refer to the Privacy Notice.

To **log in**, enter your company name, or the login name provided by your employer, in the login box below. Do not use any punctuation. If you have questions about the program name company requested the EAP use for this purpose, please check with your Benefit Administrator at work.



Company Name	<input type="text" value="SISC"/>	<input type="button" value="Login"/>
--------------	-----------------------------------	--------------------------------------

Need help logging in? [Help](#)



[Para página de acceso en Español](#)

Please call the customer service number on the back of your ID card for any questions about your medical plan.

By clicking on the "Login" button above, you will be leaving Anthem's site and linking to a site created and/or maintained by another entity ("External Site") and you acknowledge that Anthem does not control, guarantee, endorse or approve the information, products or services available at the External Site or the security of the transmissions between you and the External Site.

Upon linking you are subject to the terms of use, privacy, copyright and security policies of the External Site. Anthem provides these links solely for your information and convenience. Members: Your health plan may not cover all the services or products described on the External Site, please refer to your benefit booklet. The information contained on the External Site should not be interpreted as medical advice or treatment.

- Click the + to expand “Emotional Well-Being Resources” tab:



Welcome SISC - Self Insured Schools of California

Phone : 800-999-7222

[Coronavirus \(COVID-19\) Resources](#)





About Your ServicesEAP OrientationFeedbackEmail the Expert

Choose LanguageGo

SearchGo

Advanced Search

HomepageParentingAgingBalancingThrivingWorkingLivingInternational






Emotional Well-being Resources +

Let's Talk Depression +

Domestic Violence +


- Once expanded, click the link to be taken to the Learn to Live start page:




Welcome SISC - Self Insured Schools of California

Phone : 800-999-7222

[Coronavirus \(COVID-19\) Resources](#)



[About Your Services](#) [EAP Orientation](#) [Feedback](#) [Email the Expert](#)

Choose Language 


Go

Search

Go

Advanced Search


[Homepage](#) [Parenting](#) [Aging](#) [Balancing](#) [Thriving](#) [Working](#) [Living](#) [International](#)



FIND AN EAP PROVIDER IN THE MEMBER CENTER

Your self-service area to:


[Search for EAP](#)



FIND RESOURCES NEAR YOU

Your self-service area to find:

[Resources](#)



FINANCIAL AND LEGAL ASSISTANCE

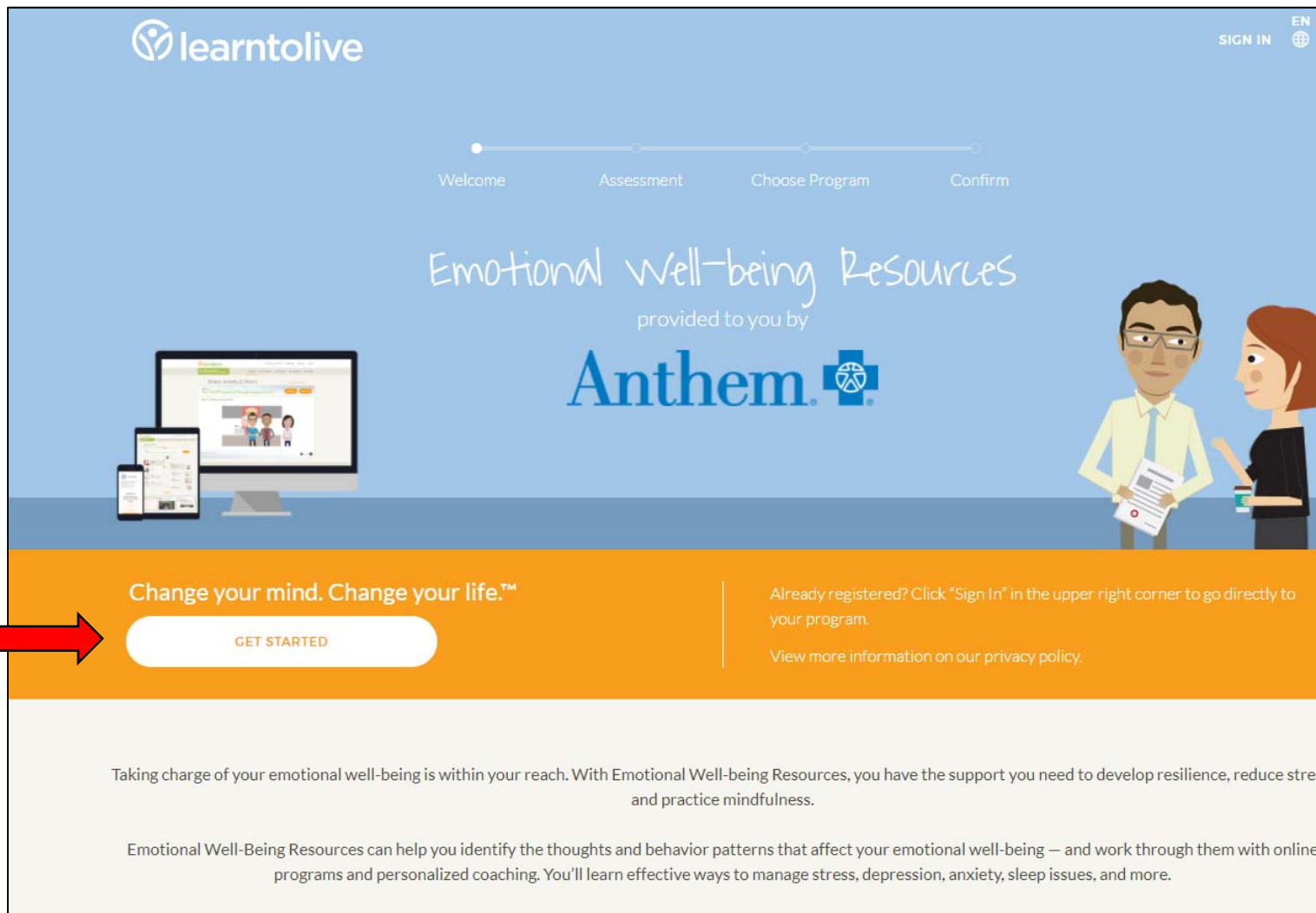
[Quicken WillMaker & Trust](#)

Emotional Well-being Resources

Taking charge of your emotional well-being is within your reach. Learn how to develop resilience, reduce stress, and practice mindfulness at no cost to you.

[Click here to take a quick assessment and choose the program that's right for you.](#)

- Click “Get Started” to begin the enrollment process:



learntolive

SIGN IN EN

Welcome Assessment Choose Program Confirm

Emotional Well-being Resources  
provided to you by  
**Anthem.**

Change your mind. Change your life.™

**GET STARTED**

Already registered? Click “Sign In” in the upper right corner to go directly to your program.

[View more information on our privacy policy.](#)

Taking charge of your emotional well-being is within your reach. With Emotional Well-being Resources, you have the support you need to develop resilience, reduce stress and practice mindfulness.

Emotional Well-Being Resources can help you identify the thoughts and behavior patterns that affect your emotional well-being — and work through them with online programs and personalized coaching. You’ll learn effective ways to manage stress, depression, anxiety, sleep issues, and more.

- To receive a program recommendation, begin the assessment by answering all questions, or click Skip Assessment if you want to choose your own program without a recommendation:

learntolive

SIGN IN EN

Welcome Assessment Choose Program Confirm

# Assessment

Complete this assessment to find out which issues might be affecting you; it only takes about 5 minutes to finish.

[SKIP ASSESSMENT](#)

Current Progress 0%

**SECTION 1 INSTRUCTIONS**

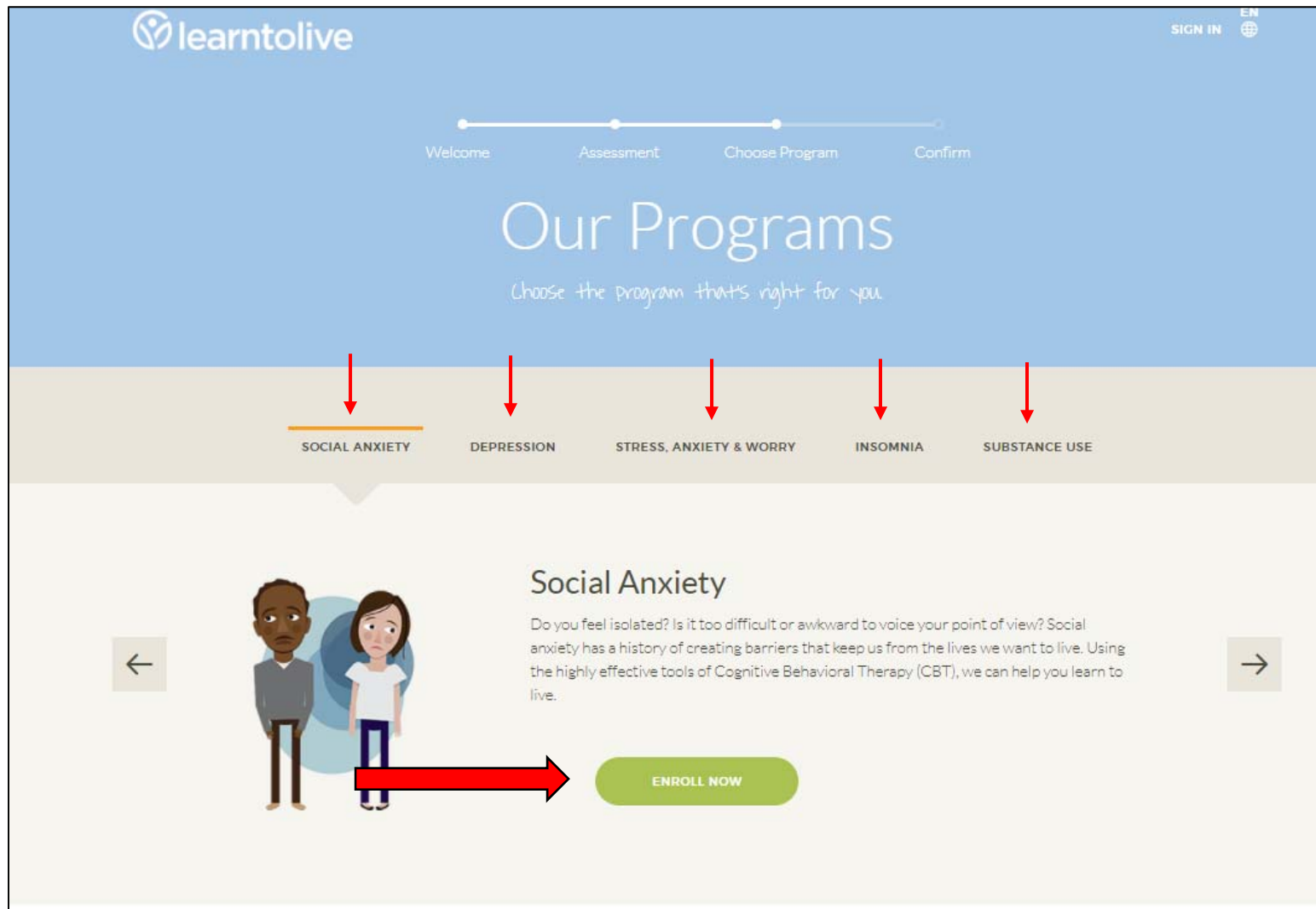
The questions in this section ask you about your feelings and thoughts during the last month. In each case, please indicate your response by selecting the circle representing how often you felt or thought a certain way.

**QUESTION 1 OF 10**

In the last month, how often have you been upset because of something that happened unexpectedly?

NEVER ALMOST NEVER SOMETIMES FAIRLY OFTEN VERY OFTEN

- Once you complete the assessment, a program will be recommended based on your responses. At this point, or if you skip the assessment, you will be prompted to select a program by clicking “Enroll Now”:





- Once you click “Enroll Now” you will be prompted to choose an email and password. This will be your login information used to access the website:

learntolive

SIGN IN EN

Welcome Assessment Choose Program Confirm

# Enroll in a Program

*This will be quick and easy.*

Let's start by making this YOUR program!

An email and password identify you as an individual member.

Email

Password

PASSWORD STRENGTH 0%

NEXT

- You will then be prompted to put in your information so you can get started with the program (i.e. name, birthdate, etc).



## Learn to Live Enrollment Guide

- Go to: <http://www.anthemear.com/>
- Click Log In
- In the Company Name field, enter “SISC” and click Login
- Click the + to expand “Emotional Well-Being Resources” tab
- Once expanded, click the link to be taken to the Learn to Live start page
- Click “Get Started” to begin the enrollment process
- To receive a program recommendation, begin the assessment by answering all questions, or click Skip Assessment if you want to choose your own program without a recommendation
- Once you complete the assessment, a program will be recommended based on your responses. At this point, or if you skip the assessment, you will be prompted to select a program by clicking “Enroll Now”
- Once you click “Enroll Now” you will be prompted to choose an email and password. This will be your login information used to access the website
- You will then be prompted to put in your information so you can get started with the program (i.e. name, birthdate, etc).