



Clinically Proven Programs and Services for Workforce Mental Health

Evidence-based digital cognitive behavioral therapy

Our cognitive behavioral therapy-based programs and services support the development of new skills to manage stress, anxiety, depression, and other prevalent mental health problems, increasing employee satisfaction and productivity, and reducing costs.



Increase Engagement in Mental Health Services, Drive Real Clinical Outcomes, and Reduce Your Organization's Costs

Learn to Live's confidential, self-directed programs use cognitive behavioral therapy (CBT) and 24/7 live clinician coaching to address the most common mental health problems and remove stigma, access, and cost barriers for your employees.

Our online, CBT-based programs and services are proven to be as effective as face-to-face therapy. Your team will appreciate the convenient and confidential access using a web browser or downloadable app.

- Employees are 6x more likely to engage in Learn to Live's mental health programs than alternative options.
- Your staff will realize a 31% drop in depression and anxiety measures.

Best in Class Mental Health Solution to Improve Employee Wellness, Contain Healthcare Costs

Today's workforce is searching for competitive benefits that include support for their mental health and wellness. Easy access to online tools encourages utilization, which in turn improves employee job satisfaction and productivity. Our comprehensive engagement campaigns also help you promote utilization and employee well-being. We offer a clear path to address the unmet need for mental health at scale in a way that's convenient for users.

68% of users report Learn to Live programs improve their ability to be productive at work

83% of users have more positive feelings toward their employers

95% of users report achieving their personal goals

6x annual return on investment

Accessing mental health care can be challenging for many employees and their family members due to social stigma, fear of discrimination, access issues, and cost. In addition to negatively impacting employee well-being, poor mental health is estimated to cost employers \$48 billion annually.

Behavioral Health Technology that Supports Diversity, Equity, and Inclusion

Our programs and clinician coaching services are accessible anywhere, anytime to support the emotional, psychological, and social well-being of your employees regardless of race, ethnicity, geographic location, education, income, and gender. Compared to in-person therapy, teletherapy, and other options:

- 76% of users said 24/7 access is important
- 83% of users valued the self-paced nature of our programs

Access a Variety of Mental Health Programs and Services to Fit Your Employees Needs

Your employees begin with a 5-minute comprehensive psychometric assessment to identify mental health problems that may be affecting them and receive recommendations based on the results. Our programs include:

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

“Learn to Live has contributed significant value to our community. Utilization and engagement in the programs and tools has been extraordinary. This partnership allows us to reach a greater number of employees and family members who are suffering, and especially those who otherwise would not seek in-person care. Learn to Live makes it easy by managing everything from end-to-end: planning, engagement, and delivery..”

Bob Diem, CFO, Turck, Inc



Rapid Implementation to Drive Immediate Value for Your Organization

Your employees will have access to our digital mental health programs and services within 8 weeks of project kick-off. In addition to fully embedded product integration services such as SSO and API, we deliver turnkey implementation:

- Awareness and engagement campaigns
- Full training for management, teams, and other vendors as needed
- Comprehensive reporting to show clinical outcomes and cost savings
- Transparent collaboration with brokers, consultants, and other advisors

A Wide Variety to Content to Support Sustained Engagement

In addition to compelling self-directed courses and personalized 1:1 live clinician coaching, Learn to Live also provides a wide variety of resources and services to engage employees in their mental health care based upon personal preference and convenience including:

- Comprehensive psychometric assessments and program suggestions
- Live and on demand webinars
- Weekly encouraging text messages
- The ability to invite a friend or family member to support their journey
- Social media support groups

