



# Emotional Well-being Resources

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.

## A wealth of resources at your fingertips



Personalized, one-on-one coaching



Practice mindfulness on the go



Build a support team



Live and on-demand webinars



### To access our Emotional Well-being Resources:

Log in to [anthem.com/ca](http://anthem.com/ca), go to My Health Dashboard, choose Programs, and select Emotional Well-being Resources.

