Learn to Live

Online behavioral support

Learn to Live is an online program that offers self-directed therapy modules to help your mental health and well-being anytime, anywhere.

How it Works

The platform includes seven self-paced mental health programs based on clinically proven principles of cognitive behavioral therapy for:

- Resilience
- Stress, anxiety and worry
- Social anxiety
- Depression
- Insomnia
- Substance use
- Panic

In addition to programs, you also have access to:

- Mindfulness and wellness tools
- Live clinician coaching via phone, email and text
- Monthly webinars on relevant mental health topics

How to Access

1. Create an account or log in to BCBSND.me
2. Click Benefits.
3. Click All Benefits.
4. Find Learn to Live.
5. Follow the steps under “How to Get Started.”

Scan or visit BCBSND.me to register online
You can also download the app for iOS or Android.

Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association.
Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support on behalf of BCBSND.