



MASSACHUSETTS

# KEEPING MENTAL HEALTH TOP OF MIND

**NEW:** Your no-cost, online mental health tool is here

It's confidential, self-guided, and available 24/7.



Welcome to a personalized online experience to assess and explore your feelings, thoughts, emotions, and mind.

Our new tool is confidential, self-guided, easy to use, and comes at no-cost. It's designed by the behavioral health specialists from Learn to Live, an independent partner company, so it's a resource you can trust.

**USE THE TOOL AS OFTEN AS YOU LIKE, 24/7, WITH PROGRAMS TO SUPPORT:**



Stress, anxiety,  
& worry



Depression



Insomnia



Substance use



Social anxiety

**TAKE THE 7-MINUTE ASSESSMENT**

Start putting your mental health top of mind.

**Get started**

Sign in to MyBlue, then click "Online Mental Health Tool" under My Plan and Claims.



**MASSACHUSETTS**

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).