



Your wellbeing is the combination of many aspects, including your physical, emotional, financial, and social health. Below are two resources to help support your overall health and wellbeing.

New substance use program from Learn to Live

Did you know that substance use problems impact 1 in 7 people in their lifetime—but only 1 in 10 will ask for help? It can be difficult to take the first step, and that's where [Learn to Live](#) can help with their new Substance Use program.

Learn to Live provides programs to help with social anxiety, depression, anxiety and worry, insomnia and substance use. Learn more or get started at learntolive.com/partners and enter code UMN.

Online Care

See a doctor right on your smartphone, tablet or computer with [Doctor On Demand](#). Board-certified doctors, psychiatrists and psychologists treat many common conditions including:

- Cold and flu
- Allergies
- Skin and eye issues
- Sore throat
- Pediatric issues
- Stress and anxiety
- Depression and mood issues

Doctor on Demand also offers a [free mental health assessment](#) to help you determine if you might benefit from seeing a mental health professional for anxiety or depression.

Visit doctorondemand.com/bluecrossmn to get started.

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