



# 1 in 2

people will experience  
a mental health issue  
during their lifetime.

Feeling stressed, sleepless, anxious or discouraged?  
*We're here to help.*



Access Learn to Live from anywhere!  
Mobile app available now for Apple  
and Android devices

MIIA has invested in your mental and emotional well-being by offering confidential, online support from Learn to Live at no cost to you.

### Learn to Live benefits:

- Immediate, 24/7 access to self-paced programs
- Ability to track progress and success
- No cost to you or your family members (ages 13+)
- As effective as in-person therapy
- Coaching available (phone, email, text)
- English and Spanish programs available

To get started, visit [learntolive.com/partners](https://learntolive.com/partners) and enter the code: MIIA

 **learntolive** | Stress, Anxiety & Worry, Depression,  
Social Anxiety, Insomnia and Substance Use

Our member information is completely confidential, HIPAA compliant and will never be shared with your employer.

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