

# Make your emotional well-being a priority

## A digital support team can help motivate you



Your emotional well-being is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues. These digital tools are available anywhere, anytime.

Start by completing an assessment and enrolling in a program. As you work toward your goals, it helps to have someone who can guide you in applying what you learn or cheer you on.

**Start building your support team**  
Log in to [anthem.com/ca](https://anthem.com/ca), go to My Health Dashboard, choose Programs, and select Emotional Well-being Resources.

## Connect with a coach and choose teammates for support



### Adding a coach can lead to more program success:<sup>1</sup>

Our coaches keep all your information confidential. They are trained to guide you through your program and offer personalized suggestions to help you reach your emotional well-being goals.

- A coach can offer education, practical and personal support, and help make lessons easier to follow.<sup>2</sup>
- Coach support can provide ways to overcome obstacles and help ease stress.<sup>3</sup>



### Another great option: select teammates

You can also add one or two friends and family — or even your therapist — as your teammates. They can cheer you on as you move through the programs and keep you motivated. Your teammates don't see all your program details, just the progress you're making.



<sup>1</sup> Learn to Live internal data

<sup>2</sup> U.S. National Library of Medicine: *A Qualitative Study of How Health Coaches Support Patients in Making Health-Related Decisions and Behavioral Changes* (accessed November 2021); [ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/).

<sup>3</sup> U.S. National Library of Medicine: *Social support moderates stress effects on depression* (accessed November 2021); [ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/).

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