



## UT SELECT members are invited to join a webinar.



Spotlight on Learn to Live. Retrain your Brain.

Join BCBSTX for a Q&A webinar regarding the program included at no additional cost to you or any of your covered family members.

**Wednesday, May 1, 2024, 12-12:30 p.m. CT (11-11:30 a.m. MT)**

This session will cover digital mental health programs that can help you learn new skills to break old patterns.

**Register and Join Here: <https://cvent.me/kxRDXN>**

Webinar will be recorded and available to view later if you are unable to attend.

Learn to Live provides educational behavioral health programs; members considering further medical treatment should consult with a physician. Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Texas.