

# Choose well: annual enrollment is here

Enroll **May 1** through **May 26, 2023**



You deserve to make informed plan decisions to support a healthier and happier you. Explore more about this year's benefits and get your questions answered. You can:

- 1 Review your annual enrollment information.
- 2 Contact your school department's central office.
- 3 Visit online at **[anthem.com/meabt](https://anthem.com/meabt)** or **[meabt.org](https://meabt.org)**.

We are here to help with information to empower, educate, and support you in your healthcare choices.



## The Emotional Well-being Resources program offers help when you need it

Administered by Learn to Live, a trusted partner in health, you will have a wealth of resources available from anywhere, at any time, including:

- Self-guided cognitive behavioral therapy to help you manage issues such as social anxiety, depression, insomnia, stress, and substance abuse.
- Personalized skill-building and mindfulness exercises.
- One-on-one personalized coaching.
- On-demand wellness webinars.



Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Maine, Inc. Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

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