



At Learn to Live, we are declaring this Self-Care Summer!

Self-Care can mean beginning a new exercise routine, resuming a healthy diet, spending time outdoors, or getting lost in a good book. As a MIIA member, you can also nourish your mental and emotional wellbeing by using one of our confidential, no-cost programs or personalized coaching.

This July 1-31st, we invite you to join our **Self-Care Summer Challenge** by completing either of the following for a chance to win an Amazon e-gift card:

- [Enroll](#) in a Learn to Live program and enter access code **MIIA**
- [Complete a lesson](#) within a program^{1*}

You can participate using Learn to Live's new Resilience program or choose from six other self-guided online programs available anytime, anywhere. Learn practical strategies proven to address common challenges and develop the essential skills for maintaining positive mental health.

¹Each completed lesson earns you one entry; max of two entries per person. Full terms and conditions of the challenge can be found [here](#). This gift card promotion is only open to legal residents of the fifty (50) United States and District of Columbia who are 13 years of age or older as of the date of entry.

*Only MIIA/BCBS subscribers are eligible for gift cards

