

# On To Better Health

Manage your emotional well-being with online tools and resources



Improve your emotional well-being with On To Better Health, an online program that provides easy-to-use self-help tools and resources.

The confidential program, free to Independence Blue Cross members with Magellan Health benefits, consists of self-assessments, articles, videos, and personalized and guided therapy — 24 hours a day, 7 days a week — so you can feel better and manage everyday stress.



## It's easy to get started!

- Log in to your [ibxpress.com](https://ibxpress.com) account or IBX mobile app.
- From the *Health & Well-Being* tab, select *Value-Added Services*.
- If this is your first visit, follow the prompts to use the SmartScreener, a convenient and private way to assess your emotional well-being.
- After completing the SmartScreener, you will be able to view a personalized list of recommended programs and modules, and browse thousands of library articles, resources, and self-assessments. To start a module, simply click the *Launch Program* button.

**On To Better Health is there when and where you want — and need — it. Get started today!**

\*You may not have access to all of the features.

The information in this brochure is not meant to provide clinical advice. Program modules are a supplement to your overall care and are not intended to replace care through your provider. Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association. Magellan Behavioral Health, Inc., an independent company, manages mental health and substance abuse benefits for most Independence Blue Cross members.



## Achieve greater emotional well-being\*

**On To Better Health can help you identify your needs through a short SmartScreener online assessment. Then, it can provide cognitive behavioral therapy for common challenges such as:**

- **Alcohol or substance use:** this ten-session program, teaches skills and techniques to promote long-lasting, skill-based changes in behavior.
- **Anxiety, panic, or phobia:** through exercises and activities, this nine-session program can help you overcome fears and break the cycle of unhelpful thoughts and behaviors.
- **Chronic pain:** this seven-session program will help you improve functioning and prevent pain flare-ups.
- **Depression:** this four-session program helps you recognize signs and symptoms, challenge negative thoughts, and manage relapse.
- **Insomnia:** this six-session program teaches you skills and techniques to help improve sleep quality.
- **Obsessions or compulsions:** a nine-session module of interactive videos helps you identify triggers and develop self-management skills so you can reach your goals.