Confidential Mental Health at Your Convenience

Whether you’re having trouble falling (or staying) asleep, feeling down, or challenged by social anxiety, you can now get free, confidential help with Learn to Live. A collection of self-directed online mental health resources based on proven cognitive behavioral therapy (CBT) principles, Learn to Live provides self-assessment tools to identify the thoughts and behaviors at the root of your troubles. The issue-oriented programs lead you through interactive lessons aimed at helping you face your fears, set attainable goals, and develop healthier habits.

Wondering about the effectiveness of online CBT? A recent HBR article reported on findings that digital CBT programs were an effective treatment for anxiety, depression, and insomnia—and that Gen Z and historically stigmatized populations may actually prefer virtual or digital care.

Available to anyone enrolled in a Harvard-sponsored Blue Cross Blue Shield (BCBS) or Harvard University Group Health Plan (HUGHP) medical plan—and their enrolled dependents age 13 and older—Learn to Live can be accessed online or by downloading the mobile app (for Apple or Android phones) and entering the code HUWellbeing upon registration.

Please note: Although you will be asked about your employer and health insurance plan during registration, Learn to Live is completely confidential, and no personal information will be shared with the University, BCBS, or HUGHP.

Estos recursos de salud mental en línea también están disponibles en español.
Introducing Your New Dental Provider, MetLife Dental

Effective January 1, 2023, MetLife Dental will become Harvard’s dental insurer, replacing Delta Dental of Massachusetts. If you are currently enrolled in dental coverage, you don’t need to take any action—you will automatically transition to MetLife and receive a new ID card.

With MetLife Dental, you can visit any dentist nationwide to receive services, though your out-of-pocket expenses will typically be lower if your dentist is in the MetLife Preferred Dentist Program (PDP) Plus network. Pro tip: Providers in the Harvard Dental Centers at Longwood and Cambridge are all in-network. Also, adult orthodontia is covered, starting January 1, 2023.

Want to learn more? Visit the MetLife Dental website for plan details and answers to frequently asked questions, and to find in-network providers.

Thanks to all who responded to our mindfulness survey! We’re expanding Harvard’s Mindfulness programming based on your feedback.

MIND AND BODY

“Laughter is a protest scream against death, against the long goodbye. It’s a defense against unhappiness and depression.” — Mel Brooks*

- The start of school can be exciting, but also nerve-wracking. Join Brightline on Thursday, September 8 from 3:00 to 4:00 p.m. ET for a free virtual support session with their expert care team. All benefits-eligible employees are invited to attend.† Can’t join the webinar? Check out HARVie (HarvardKey required).
- Explore how embodied mindfulness can build resilience and bring joy. Mindfulness: A Beautiful Resistance (HarvardKey required) addresses the unique challenges faced by underrepresented communities. BIPOC staff are encouraged to attend.
- Register for Building Antiracist Skills Through Mindful Listening (HarvardKey required), a two-part course taking place October 11 and 18. Learn how mindful listening can serve as a foundation for more productive conversations around race and social justice.

† While all benefits-eligible employees can attend the webinar, you and your dependents must be enrolled in a Harvard-sponsored BCBS or HUGHP medical plan and reside in MA or CA to use Brightline’s services.

LEARNING AND GROWTH

“Success is like sugar... It's too wonderful and it burns up very quickly. Failure is like corned beef hash. It takes a while to eat. It takes a while to digest. But it stays with you.” — Mel Brooks*

- Understand and temper biases in hiring practices with hands-on exercises and cognitive frameworks from Between the Lines: Discerning and Mitigating Bias in the Selection Process (HarvardKey required), part of Talent Acquisition and Diversity’s Inclusive Hiring Initiative.
- Learn how to make Harvard a better workplace for all of us by taking courses offered by the Equity, Diversity, Inclusion, and Belonging Academy (HarvardKey required).
- Improve your communication skills, develop your management style, and explore mindsets for problem solving and resilience with free courses from the Center for Workplace Development.
LIVING AND WORKING

“If you’re quiet, you’re not living. You’ve got to be noisy and colorful and lively.” — Mel Brooks*

- Take a deep breath and center yourself at the start of your workweek—and before your weekend—with 30-minute Mindful Movement: Yoga for the Office (HarvardKey required) classes on Mondays and Fridays.
- Plan ahead by registering for autumn wellbeing webinars from the Office of Work/Life Program Calendar (HarvardKey required).
- Are you a parent of a teenager? Learn how social media affects your child’s emotional wellbeing, and get tips for monitoring and limiting screen time with KGA’s Parenting in the Digital Age webinar.

FINANCES AND SECURITY

“Hope for the best. Expect the worst. Life is a play. We’re unrehearsed.” — Mel Brooks*

- Find out how to protect yourself from identity theft, access your Teachers Insurance and Annuity Association of America (TIAA) account on your smartphone, and more, by registering for these webinars.
- Did you know that a higher credit score can save you money? Want to learn how to reduce your expenses? Educate yourself about Credit Reports, Scores, and Cards and how to Increase Cash Flow in webinars presented by Harvard Benefits and the Harvard University Employee Credit Union.
- Discover whether you qualify for student loan forgiveness by attending a workshop from Savi, taking place September 8 and September 22 at 2 p.m., and visit Savi’s website to learn more about your repayment options.

*Mel Brooks (b. 1926) is an actor, comedian, filmmaker, playwright, songwriter, and EGOT (having won an Emmy, Grammy, Oscar, and Tony Award). Among his best-loved works are The Producers, Blazing Saddles, Young Frankenstein, and his improvised dialogues with his best friend, Carl Reiner, as a 2,000-year-old man.

To explore additional Harvard employee events, view the full calendar on HARVie.