



## News Release

### LEARN TO LIVE RECEIVES MINNESOTA HEALTH ACTION GROUP INNOVATION AWARD

**BLOOMINGTON, Minn. (April 27, 2015)** — [The Minnesota Health Action Group](#) announced today that [Learn to Live](#) has been chosen as the winner of the 2016 Minnesota Health Action Group Innovation Award, presented during the Innovator’s Showcase at The Action Group’s 9<sup>th</sup> Annual Employer Leadership Summit on April 22.

Learn to Live is an online behavioral health platform that offers therapy programs for people suffering from conditions like depression and anxiety. Founded in 2012, the startup provides three programs, each containing eight go-at-your-own-pace lessons to help people be actively involved in managing their conditions. Users become part of a digital community that relates to their individual situations and can select teammates within the programs to support their efforts.

Dale Cook, co-founder and CEO of Learn to Live, accepted the award at the Summit. The Innovator’s Showcase, which was introduced in 2014, featured five health care start-ups who demonstrated their innovative products and services to the audience of Summit attendees. The audience, made up of major health care purchasers, health care providers, and Minnesota business leaders, selected the winner.

“This year’s Employer Leadership Summit was all about how companies are turning their visions for better health care into action and facing challenges in fresh, innovative ways,” said Carolyn Pare, president and CEO of The Action Group. “Learn to Live and the other Showcase presenters shared dynamic approaches that have the potential to spark industry-wide improvements. It’s critical to recognize the value of these forward-thinking entrepreneurs in our collective efforts.”

Dave Dickey, CEO of [Second Story Sales](#), served as moderator for the Showcase, which also included presentations from ConsumerMedical, Kurbo Health, RubiconMD and Zest Health.

“We were very excited to be included in the Summit this year. This is a notable group of experts and professionals, and we’re honored to receive this award,” said Cook. “We’re thrilled to see our programs and services being adopted by more employers, providers, and payers around the state – which enables us to significantly expand our reach to those who are suffering.”

To learn more about the Minnesota Health Action Group and the Employer Leadership Summit, visit [mnhealthactiongroup.org](http://mnhealthactiongroup.org).

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#### **About the Minnesota Health Action Group**

Formed in 1988, the Minnesota Health Action Group (formerly the Buyers Health Care Action Group) is a coalition of private and public health care purchasers representing the interests of the organizations that pay for health care

goods and services — those that have the highest stake in ensuring health care dollars are carefully spent. The mission of the organization is to improve the value of the health care system in Minnesota, driving for higher quality, lower cost and better health outcomes for all. To learn more, visit [MNHealthActionGroup.org](http://MNHealthActionGroup.org). Follow on Twitter: @actiongroupmn

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**About Learn to Live**

Learn to Live provides online self-help programs to address psychological problems such as depression, social anxiety, stress, anxiety and worry. Learn to Live is part of an exciting movement within behavioral health, providing lower cost but highly effective methods of web-based healthcare treatment. The programs are modeled on over a decade of clinical [research](#) that demonstrates that internet-delivered Cognitive Behavioral Therapy ("iCBT") is as effective as face-to-face therapy. In addition to providing programs directly to consumers, Learn to Live partners with employers, payers, higher education institutions and health care providers who can benefit from the low-cost delivery model, their behavior tracking capabilities, data analytics, and powerful program outcomes. Find out more online at <https://www.learntolive.com> or follow Learn to Live on [Twitter](#) (@LearntoLiveCBT) and [Facebook](#).

**For more information:**

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