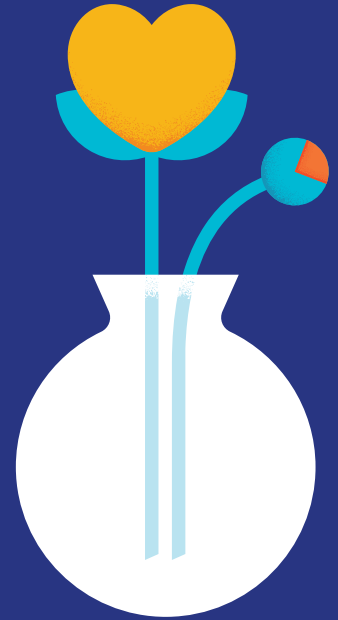




# How you feel matters. How you cope matters, too.

With AbleTo included as part of your health plan benefits, you have virtual behavioral coaching and other digital tools on your side.



## It's nice to know that support is available

If you're feeling stressed, overwhelmed or exhausted, you're not alone. AbleTo, a virtual behavioral coaching program, is designed to help you learn ways to cope and start feeling better.

### AbleTo virtual behavioral coaching is here for you

Gaining control of worries. Facing tough challenges head-on. Releasing tension. AbleTo is ready to help you move forward with a tailored-to-you 8-week coaching program, including:

- A dedicated mental health coach for 1-on-1 support that's focused on your needs and goals
- Self-paced virtual therapy built for progress
- Confidential, convenient weekly meetings with your coach via phone or video chat—plus unlimited messaging
- 24/7 unlimited access to helpful resources on your smartphone, tablet or computer even after you've completed the program



### A way to feel less stress for \$0 cost-share

AbleTo virtual behavioral coaching is included in your health plan at no additional cost.



### Get started

Visit [ableto.com/explore](https://ableto.com/explore) or scan the code with your smartphone

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When you sign up for Virtual Behavioral Coaching, you will be asked a series of questions to ensure that this program is the right fit for you. You may be directed to another resource if your answers indicate that a different type of program may better suit your needs.

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