

Say hello to AbleTo, a confidential virtual therapy and coaching program

These days, taking care of our emotional health is important. Sometimes, it may be easy to feel overwhelmed or discouraged — especially if you might have a chronic health condition.

We're here for you

UnitedHealthcare and AbleTo are working together to bring you 8 weeks of 1-on-1 virtual therapy and coaching — covered under your plan.*

With AbleTo, you'll get:

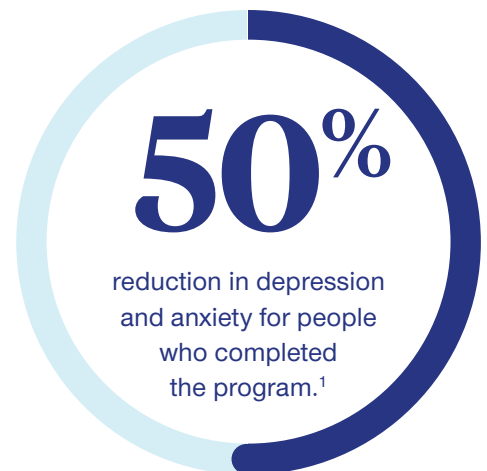
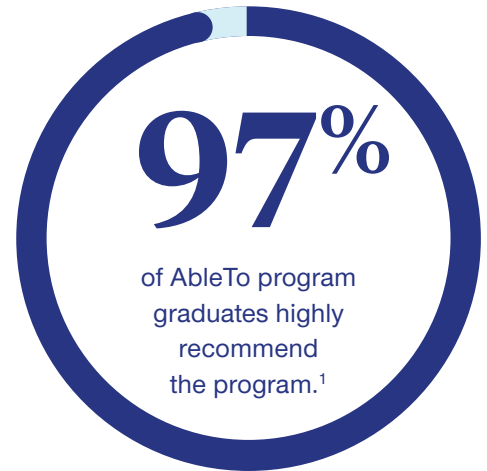
- 1-on-1 therapy sessions with a licensed therapist and a 1-on-1 session with a coach. Sessions are private and confidential
- Personalized coping tools and techniques designed to help improve your day-to-day life
- Convenient appointments that may work with your schedule
- Sessions by phone or video chat from the comfort and privacy of your own home

Get started with your virtual therapy and coaching sessions and get on the road to a brighter tomorrow. In the next few weeks, AbleTo may reach out to see if you're interested in the program.

AbleTo is available for Covered Persons with chronic medical conditions that frequently co-occur with mental health challenges, including diabetes, cancer, or cardiac conditions.

Call today

Call **1-833-881-1469**, TTY **711**, 9 a.m. – 8 p.m. ET, Monday – Friday.



* Deductibles and coinsurance may apply. Check your specific plan details or call the number on your health plan ID card to confirm plan coverage.

**United
Healthcare**

AbleTo

¹ AbleTo 2020 Book of Business. DASS-21 Outcomes among AbleTo Program Graduates Who Initiated Programs Q1 - Q3 2020. Members must be 18 or older to participate.

AbleTo's Therapy 360 program offers personalized, confidential one-on-one coaching and therapy via phone. With next-day access to a nationwide network of 300+ highly trained, clinically supervised therapists (LCSW) and behavior coaches, our program will help give you the tools you may need to improve your daily life.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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