

Feel better.  
Live better.

# AbleTo:

## An eight-week counseling program for better health and better living.

Depression and anxiety are more common than you think. If you have a chronic condition and feel discouraged or stressed, you can access an easy, flexible counseling program.

### Get access to:



**One-on-one**  
support and therapy.



**Short counseling sessions**  
with a licensed therapist and  
behavior coach.



**Coping tools and techniques**  
to improve day-to-day life.



**Flexible scheduling.**



**Sessions available**  
via phone or video chat.



**Personalized,  
confidential solutions.**

The AbleTo program is proven to reduce depression, anxiety and stress by 50%, and 97% of AbleTo graduates would highly recommend the program<sup>1</sup>. **If you feel overwhelmed or distressed, help is available.**



To see if you qualify, contact AbleTo.  
1-844-622-5386 or go online at [ableto.com/uhc](https://ableto.com/uhc)



<sup>1</sup>Baseline Final N =1,023 P < 0.0001 AbleTo graduates between 1/1/14 – 6/30/15 with elevated baseline depression, anxiety, and stress scores defined as: D>9, A>7, S>14 using DASS-21 scale. <sup>1</sup>Dent L, Peters, A, Kerr PL, Mochari-Greenberger H, Pande RL. Using Telehealth to Implement Cognitive-Behavioral Therapy. Psychiatric Services. 2018. 69(4):370-373.

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