



Enroll online at: [AbleTo.com/enroll](https://www.ableto.com/enroll)

By phone: 1-844-4-ABLETO

1-844-422-5386

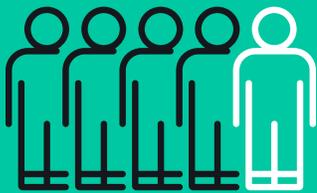
Next day appointments, available 24/7

ABLETO

relax

AbleTo's health support program is now available as a covered benefit of your health plan

AbleTo provides personalized support to people who are struggling with stressful health conditions or life changes. Through one-on-one coaching and therapy sessions twice a week, we can help you get back on track.



Feeling stressed? Exhausted? You aren't alone.

1 in 5 adults struggle with their emotional or mental health each year. Research shows stress and anxiety can negatively impact your physical health, your work and your home life.

But AbleTo's eight-week program can turn your mindset around.

How It Works

1

Tell us about yourself

Get matched to the right care team

2

Meet your team

Have one-on-one sessions via video or phone

3

Get a personal program

Set goals and build a personalized program

4

Graduate and feel better

Enjoy the lasting benefits of positive, healthy habits

AbleTo's life-changing program is...

AbleTo

 **Personalized**
Tailored to your schedule and specific health needs

 **Affordable**
We are a covered benefit of your health plan

 **Private**
Sessions are always private & confidential

 **Convenient**
Connect anytime, anywhere via phone or video

 **Professional**
All therapists and coaches are licensed & accredited

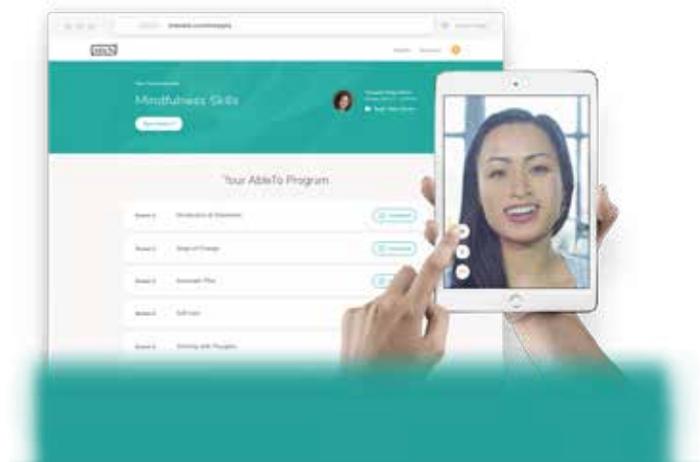
 **Proven**
Studies show AbleTo graduates enjoy better health

You feel better. You get better.

With short sessions twice a week, we can help you gain back control of your emotional and physical health.

.....

97% of our graduates say they would highly recommend an AbleTo program to a friend or family member.



“The eight-week program was a life-changer for me. It helped me recognize how my thoughts and actions were impacting my health.”

– Tiffany, AbleTo Graduate



Enroll Now!

Enroll online at: [AbleTo.com/enroll](https://www.ableto.com/enroll)
By phone: **1-844-4-ABLETO**
1-844-422-5386

For more information, visit
[www.AbleTo.com](https://www.ableto.com)

Next day appointments, available 24/7