

Feeling stressed?  
Overwhelmed?  
Exhausted?



## AbleTo can help.

AbleTo is a virtual behavioral health provider contracted with your health plan that offers convenient and confidential care for mild to moderate depression and anxiety. AbleTo includes access to over 2,000 licensed therapists nationwide.

### AbleTo providers offer:



An eight-week evidence-based cognitive behavioral therapy program



Personalized care for symptoms of depression, anxiety or stress



Weekly one-on-one sessions that last up to 60 minutes

### AbleTo services:



Are available to members 18 and older



Are subject to your health plan's behavioral health visit out-of-pocket costs



Offer digital tools and resources to support you between sessions



## How to get started.

- Go to [ableto.com/bcbsm](https://ableto.com/bcbsm).\*
- Click *Get Started* to sign up and schedule an appointment with a therapist of your choice.
- Select a convenient day, time and device (phone or video) for your sessions. You'll receive an appointment confirmation.
- Attend your sessions through the AbleTo app, available in the App Store and Google Play, or online at [ableto.com/bcbsm](https://ableto.com/bcbsm).\*
- Have your initial consultation. Your program will be tailored based on your personal care needs, medical history and preferences.

**Visit [ableto.com/bcbsm](https://ableto.com/bcbsm) to learn more.\***

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