

Your AbleTo Enrollment

Nationwide access to coaches and therapists by phone or video

Are you feeling stressed? Overwhelmed? Exhausted?

You aren't alone. Research shows that 1 in 5 adults struggle with their emotional or mental health each year¹. This stress and anxiety can negatively impact your physical health, your work and your home life.

That's why AbleTo provides personalized therapy and coaching to help you feel better and get better. All sessions are confidential and conducted via **phone or video chat** from the comfort, privacy and convenience of your own home. The **8-week long program** is scheduled at a time that works for you, **day or night**.

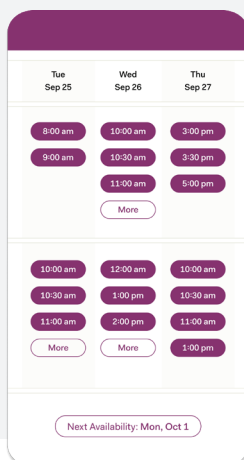
This program is made available to you through **Banner | Aetna**. The services are **covered under your** health plan.

To sign up for more information or to schedule an appointment, visit [AbleTo.com/Register](https://www.ableto.com/register) or call **1-844-330-3648 (TTY: 711)**.

Sincerely,

Your AbleTo Care Team

Enroll now at [AbleTo.com/Register](https://www.ableto.com/register)



1

Get Started

Confirm your name and date of birth

2

Confirm Your Eligibility

Verify your health plan coverage

3

Schedule Your Consultation

Set goals and build a personalized program

You feel better. You get better.

With short sessions twice a week, AbleTo can help you improve your emotional and physical health.

You will learn how to:

- Manage stress levels
- Modify negative thoughts
- Change unhealthy habits
- Set achievable goals
- Improve your mood
- Overcome barriers to change
- Set better boundaries
- Improve time management
- Communicate your needs
- Maximize physical recovery
- Handle further life transitions
- Relax and be more in control

97% of AbleTo graduates say they would highly recommend an AbleTo program.

Enroll now at [AbleTo.com/Register](https://www.ableto.com/register)

BannerAetna.com



¹AbleTo, Inc. (2017). An Innovative Technology-Enabled Behavioral Health Solution to Improve Employee Productivity: Outcomes from a National Real-World Population. Behavioral Therapy for U.S. Workers with Comorbid Medical and Mental Health Conditions [White Paper]. New York, NY. Retrieved from: <https://www.ableto.com/whitepaper-employee/>.

Aetna does not recommend the self-management of health problems. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a health care professional. Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).

Banner|Aetna is the brand name used for products and services provided by Banner Health and Aetna Health Insurance Company and Banner Health and Aetna Health Plan Inc. Health benefits and health insurance plans are offered and/or insured by Banner Health and Aetna Health Insurance Company and/or Banner Health and Aetna Health Plan Inc. (Banner|Aetna). Each insurer has sole financial responsibility for its own products. Banner Health and Aetna Health Insurance Company and Banner Health and Aetna Health Plan Inc. are affiliates of Banner Health and of Aetna Life Insurance Company and its affiliates (Aetna). Aetna and Banner Health provide certain management services to Banner|Aetna.

© 2021 AbleTo, Inc. All Rights Reserved.
905157-01-01 (12/21)