

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.¹ **If you feel overwhelmed or distressed, help is available.**

To see if you qualify, contact AbleTo
1-844-622-5386 or go to **ableto.com/uhc**



¹Baseline 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. ¹Dent 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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