



Brighter days ahead

AbleTo emotional support program

Personalized employee support, cost savings for you

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).

Aetna Behavioral Health refers to an internal business unit of Aetna.



Counseling + coaching can optimize results

We use a proactive approach to motivate members to participate in and finish the program. Here's how:

Employees meet with two specialists:



Once a week with a therapist to address emotional challenges, like depression, stress and anxiety, that can come with their diagnosis



Once a week with a behavioral coach to identify health goals and develop an action plan to help them stay on track

That's two sessions a week and a final meeting with the therapist (for a total of 16 sessions).

Here's how this program is different

Unlike other traditional programs or telemedicine services, this program provides:

- ✓ A short-term, eight-week model
- ✓ A reduction in depression, stress and anxiety¹
- ✓ Therapy plus coaching
- ✓ An excellent online member experience
- ✓ Flexible scheduling

We make it easy to take the first step

In some programs, the burden is often on the individual to find help. But this program makes it easy for employees to get the help they need. In fact, they can speak to a licensed therapist within seven days of calling. Then they can attend a private session virtually, whenever it's convenient for them.

We reach out to employees at risk

Our medical claims help us identify those who may benefit from this program. Then a representative:

- Explains how the program can help them
- Gains their interest in participating
- Connects them with a team of specialists who will meet with them regularly

Or, if employees want to join, they can reach out to us, too.

AbleTo graduates experience improved physical health, according to indicators like perceived pain severity for members with chronic pain,³ medication adherence⁴ and blood glucose levels for members managing diabetes.⁵

98% member satisfaction with the program²

¹Dent L, Peters A, Kerr PL, et al. Using telehealth to implement cognitive-behavioral therapy. *Psychiatric Services*. February 15, 2018; 69(4):370–373. Available at: [PS.PsychiatryOnline.org/doi/10.1176/appi.ps.201700477](https://doi.org/10.1176/appi.ps.201700477).

²Aetna® and AbleTo, Inc. Aetna Q1 2021 Client Reporting Deck. May 4, 2021.

Help employees feel their best while lowering your medical costs

When your employees manage chronic conditions or go through major life changes, it can be overwhelming for them. And it can be hard for you to know how to provide support.

That's why we've teamed up with AbleTo, a leading behavioral health provider. They'll give employees virtual, personalized support to help them work through their emotions and enjoy more of life. Plus, this is already included in their Aetna® plan.*

Healthy employees, cost savings for you

Improved mental health for employees can lower medical costs for you. In fact, research suggests that effectively treating the emotional complications of illness can reduce hospital readmissions and promote self-care behaviors.³

Focusing on their needs

Since certain health conditions and life changes often lead to emotional issues, the program focuses on:

- Infertility or postpartum depression
- Cancer diagnosis and recovery
- Heart issues
- Diabetes/weight loss
- Digestive health issues
- Pain management
- Breathing problems
- Alcohol and substance use disorder
- Depression, anxiety and panic attacks
- Caregiving (child, elder or person with autism)
- Grief and loss
- Military transitions

Benefits for employers

45%

fewer hospital stays⁶

59%

reduction in depression⁸

47%

reduction in stress⁷

61%

reduction in absenteeism⁷

42%

reduction in medication nonadherence³

44%

reduction in activity impairment⁷

*All program costs are submitted as claims, with no employee cost. Members with a high-deductible health plan (HDHP) are required to meet plan deductibles before costs are covered.

³Mochari-Greenberger H, Andreopoulos E, Peters A, et al. Clinical and workplace outcomes from a virtually delivered cognitive behavioral therapy program for pain. *Pain Practice*. April 2020; 20(4):387–395. Available at: [PubMed.ncbi.nlm.nih.gov/31837197](https://pubmed.ncbi.nlm.nih.gov/31837197). Accessed May 24, 2021.

⁴Greenberger HM, Andreopoulos E, Bell SA, et al. Improved medication adherence among diverse participants in a virtual behavioral therapy program for adults with diabetes. *Diabetes*. June 2019; 68 (Supplement 1). Available at: [Diabetes.DiabetesJournals.org/content/68/Supplement_1/2383-PUB](https://diabetes.diabetesjournals.org/content/68/Supplement_1/2383-PUB). Accessed April 22, 2021.

⁵Greenberger HM, Vue L, Luka A, et al. A tele-behavioral health intervention to reduce depression, anxiety, and stress and improve diabetes self-management. *Telemedicine and eHealth*. August 1, 2016; 22 (8):624–30. Available at: [PubMed.ncbi.nlm.nih.gov/26954880](https://pubmed.ncbi.nlm.nih.gov/26954880). Accessed April 22, 2021.

⁶Veracity Health Analytics. Impact of AbleTo on per capita resource utilization and health spending among beneficiaries from a large national health plan. 2019.

⁷Serra SJ. Aetna. Dialing in a solution to help dial back health costs — the rise of telemedicine. National Accounts Perspectives white paper. 2017. Available at: [IBIweb.org/wp-content/uploads/2018/01/Telemedicine_white_paper_IBI_FINAL4IBIMarketInsights.pdf](https://ibiweb.org/wp-content/uploads/2018/01/Telemedicine_white_paper_IBI_FINAL4IBIMarketInsights.pdf). Accessed April 22, 2021.

⁸AbleTo-Aetna Commercial Depression Anxiety Scale. 21 outcomes among program graduates enrolled in 2020.

With 98% member satisfaction*
and demonstrated medical savings,⁴
AbleTo support can provide real results.

And it's all part of your employees'
Aetna[®] behavioral health plan.

Just talk to your Aetna rep to learn more.

*Aetna[®] and AbleTo, Inc. Aetna Q1 2021 Client Reporting Deck. April 30, 2021.

⁴Veracity Health Analytics. Impact of AbleTo on per capita resource utilization and health spending among beneficiaries from a large national health plan. 2019.

THIS IS NOT INSURANCE. THIS IS A PROGRAM AVAILABLE WITH THE MEDICAL PLAN.

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