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[AbleTo.com/aetna-letter](https://AbleTo.com/aetna-letter)



Enroll now to start your journey to feeling better.

Marianne Smith

## Your AbleTo Enrollment

Nationwide access to coaches and therapists by phone or video



Marianne,

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 year<sup>1</sup>. 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 **Aetna**. The services are **covered under your health plan**.

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

Sincerely,

**Your AbleTo Care Team**

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### Get Started

Confirm your name and date of birth



health plan.

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1

### Get Started

Confirm your name and date of birth

2

### Confirm Your Eligibility

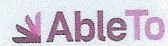
Verify your health plan coverage

3

### Schedule Your Consultation

Set goals and build a personalized program





AbleTo.com/aetna-letter

1-844-330-3648 (TTY: 711)  
Monday - Friday: 9 a.m. - 8 p.m. (Eastern Time)

You feel better. You get better.

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

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

““ I didn't know how sick I felt over the past year until I started feeling so much better recently. ””

—Jordan, AbleTo Graduate

““ I've learned to stop the “what-if” scenarios that constantly overtook my ability to move forward. ””

—Kevin, AbleTo Graduate

““ I am able to walk away and breathe before I tackle a stressful situation. ””

—Jennifer, AbleTo Graduate

You will learn how to:

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

<sup>1</sup> AbleTo, 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).