



# Feel better

## Aetna® Behavioral Health AbleTo support Here for you when you need it

### Manage life's changes

Some life events can be overwhelming. Like having a baby. Or finding out you have diabetes or heart disease.

You may also feel emotions like:

- Worry
- Depression
- Confusion
- Anger

All of these feelings are normal. But they can make it harder for you to take control and make healthy changes. And it's important to feel you can control the health condition or life change, instead of it controlling you.

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



## Real help that fits your schedule

The AbleTo program can help you:

- Work through these normal emotions
- Understand and stick with your treatment plan
- Know the types of changes you need to make
- Feel like you are in control of your health and your life

AbleTo is part of your Aetna membership. But it's not like traditional programs. It makes it easy to get the help you need.

## Support when and where you need it

We've teamed up with AbleTo, a leading behavioral health care provider, to offer this convenient program.

The goal is to make it easy for you to complete the program. And to help you see that you are in control and can make healthy changes.

## Real help that works

Meet face-to-face with a therapist and behavior coach using online video. Or you can simply talk on the phone, if you prefer.

This removes the time and hassle of driving to appointments.

Plus, you choose the times that work best for you. During the day, in the evening or on weekends.

## You'll work with two AbleTo specialists for eight weeks



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



Once a week with a behavior coach to identify health goals and develop an action plan

That's two sessions a week, including a final meeting with your therapist. And it's all part of your Aetna membership.



## Consider AbleTo support if you have experienced one of these health conditions or life changes:

- Infertility
- Breast or prostate cancer recovery
- Heart issues
- Diabetes
- Digestive health issues
- Pain management
- Breathing problems
- Alcohol or substance use disorder
- Depression, anxiety or panic
- Postpartum depression
- Caregiving stress (child, elder or autism)
- Grief and loss
- Military transitions



The Infertility Support Program is designed for women and men who are managing infertility and the emotions that can come with it.



## **Convenient eight-week program** with counseling and coaching by video or phone. Just call AbleTo at **1-844-330-3648**.

### **It's easy to get started**

If your claims data shows you would benefit from this program, an Aetna or AbleTo representative will call you to explain how it works and how it can help you. In most cases, there is no cost to you.\*

You'll be asked to confirm some information for privacy purposes.

Or you can let us know you're interested in participating by calling AbleTo at **1-844-330-3648**, Monday–Friday from 9 AM–8 PM ET. You can ask questions, and an AbleTo staff member will ask you some screening questions.

You can also tell your Aetna case manager that you'd like to participate.

**95%**

**95%** of AbleTo graduates recommend the program to others.<sup>1</sup>

**Choose AbleTo support and get real help that fits your schedule.** Just call **1-844-330-3648** or contact your Aetna case manager.

\*For some employers, you may be able to receive AbleTo services with no out-of-pocket cost to you. With other employers, associated deductibles will apply before your out-of-pocket expenses are covered. Call the number on your member ID card to see which option you are eligible for.

<sup>1</sup>AbleTo Patient Satisfaction Survey, 2018.

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

The program and flyer are also available in Spanish.

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