



# AbleTo

## Mental health support at your fingertips

As part of our “whole-person” approach to care, Harvard Pilgrim members have access to mental health support from **AbleTo**.<sup>1</sup> These programs aim to seamlessly combine on-demand self-care tools and personalized virtual therapy sessions, helping to ensure access to a range of options from enhancing mental resilience with self-care techniques to connecting with licensed therapists for structured guidance.

### AbleTo Virtual Therapy — Start feeling and living better

Need help managing stress, changing unhealthy habits, improving your mood or managing your time? As a Harvard Pilgrim member, you have access to a personalized virtual therapy program. You can connect with an AbleTo licensed therapist, who will guide you through a customized 8-week program proven by AbleTo to help reduce depression, stress and anxiety.<sup>2,3,4</sup>

#### AbleTo virtual therapy is:

- **Confidential and personalized:** program tailored to your schedule and specific needs
- **Convenient:** connect anytime, anywhere over phone or video
- **Proven** with real results among AbleTo users to reduce depression, stress and anxiety

#### Get started in 3 easy steps:

- Grab your member ID card and confirm your insurance coverage
- Schedule your consultation with the therapist of your choice
- Receive a customized program and start your personal program

➤ Visit **AbleTo.com/HarvardPilgrim** and click on the 1:1 virtual therapy link to get started

#### What members are saying...

“The eight-week program was a life-changer for me. It helped me recognize how my thoughts and actions were impacting my health.” – *Tiffany, AbleTo Graduate*

## Self Care from AbleTo — 24/7 on-demand mental health support at no cost

Access Self Care from AbleTo — available anytime, anywhere. This digital program is designed to help adults improve coping skills, resilience and overall mental health. Whether you're exploring mental health for the first time or you're not ready for a structured care plan, Self Care offers tools and strategies to enhance your daily well-being, from self-care activities and coping mechanisms to meditation tools.

### Navigate your mental health journey with ease:

- Use Self Care on your mobile device or computer.
- Engage with curated content based on your needs.
- Leverage strategies such as cognitive behavioral therapy tools, mindfulness techniques and mood and habit trackers to foster emotional growth.

### Emotional support at your fingertips:

- **Mood & habit tracking:** get to know yourself, your moods and what makes you feel good. Understand the “why” behind your actions and how they relate to your emotions, thoughts and mood.<sup>5</sup>
- **Meditations:** combat feelings of anxiety, improve your mood and practice being more present.
- **Collections:** explore therapist-designed guides that walk you step-by-step through activities designed to help you achieve a specific goal.

### Get Started with Self Care digital tool — Your access code is your member ID card number

- Visit [AbleTo.com/HarvardPilgrim](https://AbleTo.com/HarvardPilgrim) and click on the 24/7 self care link to get started
- Choose Harvard Pilgrim as your sponsor and enter your member ID card number
- Answer a few questions and access curated content based on your needs

**Scan QR code to download the AbleTo mobile app and get access to virtual therapy and 24/7 Self Care digital tool**



<sup>1</sup> AbleTo is available to Harvard Pilgrim commercial members. Member cost sharing may apply. Members should refer to their plan documents for specific details regarding their coverage and benefits.

<sup>2</sup> Internal AbleTo book of business analysis to evaluate change in depression symptoms (DASS-21) among 3934 Therapy+ program graduates who completed an initial consultation 1/1/22-9/30/22 with depression symptoms at baseline. February 2023.

<sup>3</sup> Internal AbleTo book of business analysis to evaluate change in anxiety symptoms (DASS-21) among 3339 Therapy+ program graduates with an initial consultation between Jan 1 - Sept 30 2022 with anxiety symptoms at baseline. February 2023.

<sup>4</sup> Internal AbleTo book of business analysis to evaluate change in stress symptoms (DASS-21) among 3374 Therapy+ program graduates with an initial consultation between Jan 1 - Sept 30 2022 with stress symptoms at baseline. February 2023.

<sup>5</sup> Daily assessments are available for 18+