

Quality health plans & benefits  
Healthier living  
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## Emotional support when you need it

### **Aetna Behavioral Health AbleTo Support**

#### **Taking charge of your life**

Some life events can be overwhelming. Like having a baby. Or finding out you have diabetes or heart disease. They signal that you may need to make some changes.

You can also feel emotions like worry, depression, confusion or anger. All of these feelings are normal. But they can hinder your ability to take control and make healthy lifestyle changes.

It's all a matter of control. And it's important to know and feel that you can control the condition, instead of the condition controlling you.

#### **Real help that fits your schedule**

Aetna's 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

It's part of your behavioral health plan. But it works differently from traditional programs. It makes it easy to get the help you need.

**Convenient eight-week program.**  
Get counseling and coaching combined by secure video or phone. Just call **1-855-773-2354.**

## What is AbleTo?

AbleTo is a leading behavioral health provider that Aetna has teamed with to create this new program.

The goal is to offer support in ways that make it easy for you to participate in and complete the program. And help you see that you are in control. That you can make the changes needed to live healthier.

## Real help that works

Web-based videoconferencing makes it possible for you to meet face-to-face with your team. Or you can simply talk on the phone, if you prefer.

This removes the time and hassle of having to drive 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 and a final meeting with the therapist. Sixteen sessions total. All for one copay a week.

Consider AbleTo support if you have experienced one of the health conditions or life changes listed below.

### Health conditions:

- Breast and prostate cancer recovery
- Heart problems
- Diabetes
- Depression
- Digestive health
- Pain management
- Respiratory problems
- Substance abuse

### Life changes:

- Depression/anxiety
- Postpartum depression
- Caregiver status (child, elder, autism)
- Grief and loss
- Military transition

## How to get started

An Aetna or AbleTo representative will call you to explain more about the program and how it can help you. They can also answer your questions about the cost of this benefit. Your plan's copay and coinsurance will apply.

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

If you are interested in participating, let us know. It's as easy as calling AbleTo at **1-855-773-2354**, Monday – Friday from 9 a.m. – 8 p.m. ET. You can ask questions and be screened by an AbleTo staff member.

**Choose AbleTo support. And get started today.** Or you can let your Aetna case manager know that you'd like to participate.

The program and flyer are also available in Spanish.

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