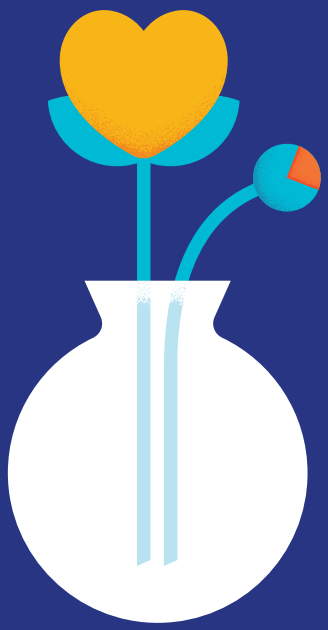
How you feel matters. How you cope matters, too.



With AbleTo included as part of your health plan benefits, you have virtual behavioral coaching and digital tools on your side.

It's nice to know that support is available

If you're feeling stressed, overwhelmed or exhausted, you're not alone. The AbleTo virtual behavioral coaching program is designed to help you learn ways to cope and start feeling better.

AbleTo virtual behavioral coaching is here to help

Gaining control of worries. Facing tough challenges head-on. Releasing tension. AbleTo is ready to help you move forward with a tailored-to-you 8-week coaching program, including:

- A dedicated mental health coach for 1-on-1 support that's focused on your needs and goals
- Digital activities for practice and progress between sessions
- Confidential, convenient weekly meetings with a coach via phone or video chat—plus in-app messaging between sessions
- 24/7 unlimited access to resources and tools—like breathing exercises and meditations—on your smartphone, tablet or computer

$0

A way to feel less stress at no additional cost

AbleTo virtual behavioral coaching is included in your health plan at $0 cost-share.

Get started

Visit **ableto.com/exploremore** or scan the code with your smartphone

United Healthcare | AbleTo

When you sign up for Virtual Behavioral Coaching, you will be asked a series of questions to ensure that this program is the right fit for you. You may be directed to another resource if your answers indicate that a different type of program may better suit your needs.

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