

# Structured, personalized support – anytime

We're here to help with managing stress, anxiety and depression



Virtual Behavioral Coaching from AbleTo provides personalized, self-paced support to those who need help managing symptoms of depression, stress and anxiety. The eight-week structured program delivers a tailored path to help you build coping skills with the help of a dedicated coach. As a member, you also get 24/7 access to on-demand resources, tools and techniques to help you.



**Evidence-based tools and techniques** delivered through a series of progressive modules that build on the content of each prior week.



**On-demand 24/7 support.** Instant access to content via smartphone, tablet or computer. Includes ongoing access to resiliency tools upon completion of an eight-week program.



**Motivational coach support.** Dedicated one-on-one coach support focuses on individualized goals with access via telephonic, video and in-app messaging.

## Get started

Scan the QR code to visit [ableto.com/start](https://ableto.com/start)

Register using your company access code: **mapmg**



**PERMANENTE MEDICINE.**  
Mid-Atlantic Permanente Medical Group

**Available 24/7**

**Confidential**

**No extra cost**

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.