

AbleTo is a virtual behavioral health provider contracted with your health plan that offers convenient and confidential care for mild to moderate depression and anxiety. AbleTo includes access to over 2,000 licensed therapists nationwide.

## **AbleTo providers offer:**



An eight-week evidencebased cognitive behavioral therapy program



Personalized care for symptoms of depression, anxiety or stress



Weekly one-on-one sessions that last up to 60 minutes

## **AbleTo services:**



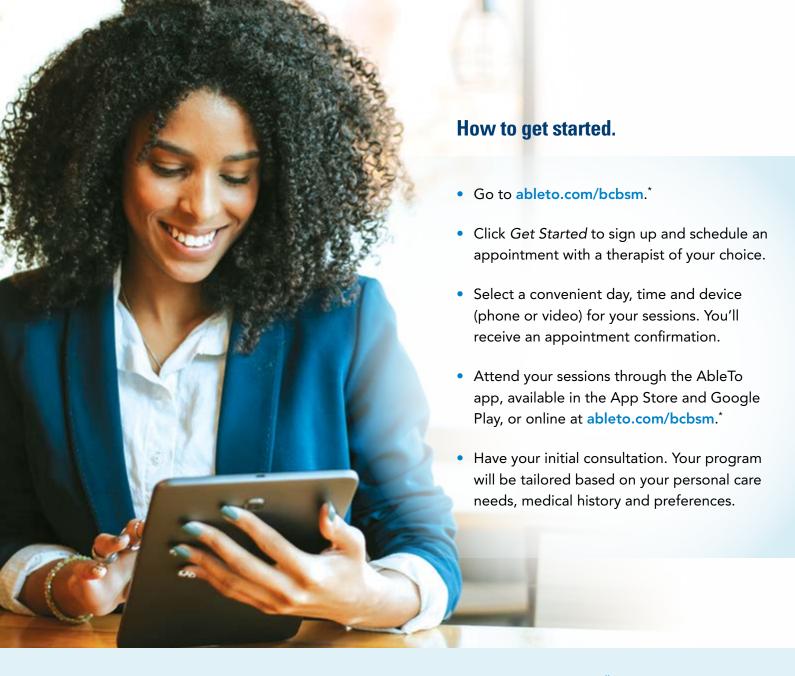
Are available to members 18 and older



Are subject to your health plan's behavioral health visit out-of-pocket costs



Offer digital tools and resources to support you between sessions



## Visit ableto.com/bcbsm to learn more.\*

\*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control this website.

Apple and the Apple logo are trademarks of Apple, Inc., registered in the U.S. and other countries.

App Store is a service mark of Apple Inc., registered in the U.S. and other countries.

Google Play and the Google Play logo are trademarks of Google LLC.

