



**Feeling stressed?
Overwhelmed?
Exhausted?
AbleTo can help.**



AbleTo provides **personalized support at no additional cost** to individuals who are struggling with stressful health conditions or life changes. Through **one-on-one coaching and therapy sessions twice a week**, AbleTo can help you get back on track.

Program Features



Personalized

Tailored to your schedule and specific health needs



Affordable

We are a covered service under your health plan



Private

Sessions are always private & confidential



Convenient

Connect anytime, anywhere via phone or video



Professional

All therapists and coaches are licensed & accredited



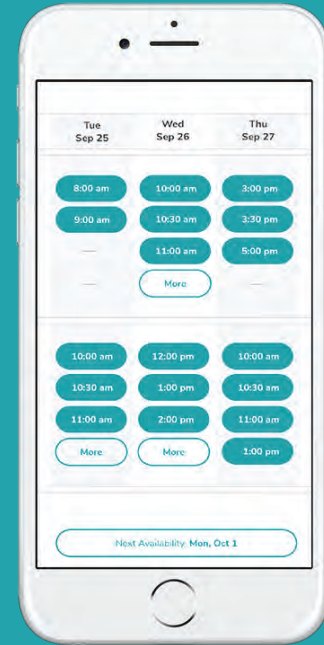
Proven

Studies show AbleTo graduates enjoy better health

Enroll now at: [AbleTo.com/HarvardPilgrim](https://www.ableto.com/HarvardPilgrim)

How to Enroll in the AbleTo Program

- 1 Get Started**
 Visit AbleTo.com/HarvardPilgrim and confirm your name and date of birth
- 2 Confirm Your Eligibility**
 Verify your health plan coverage
- 3 Schedule Your Consultation**
 Set goals and build a personalized program



You will learn how to

- Manage stress levels
- Improve your mood
- Communicate your needs
- Modify negative thoughts
- Overcome barriers to change
- Maximize physical recovery
- Change unhealthy habits
- Set better boundaries
- Handle further life transitions
- Set achievable goals
- Improve time management
- Relax and be more in control

“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

**You feel better.
You get better.**

With short sessions twice a week, we can help you gain back control of your emotional and physical health.