



Say hello to Self Care from AbleTo

On-demand access to self-help for stress and emotional well-being

Access self-care techniques, coping tools, meditations and more. With Self Care, you'll get personalized content designed to help boost your mood and shift your perspectives. Self Care is here to help you feel better—and it's available at no additional cost to you.



Daily mood tracking

Answer daily questions to record your current mood, identify patterns and self-assess your progress.



Meditation tools

Explore classic methods of relaxation—like deep breathing and positive visualization—when you need them.



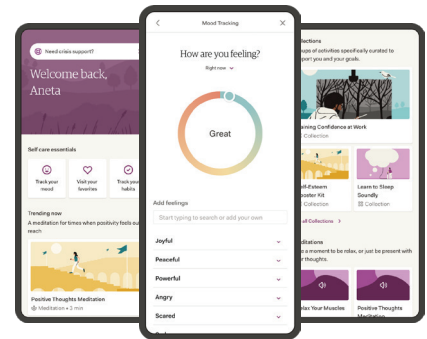
Collections

Build life skills with curated content, tools and resources for the stuff that matters most to you.



Personalized roadmap

Track your progress, set goals and make strides through weekly check-ins.



Ready to get started?

- Visit ableto.com/begin
 > Have your health plan ID handy
- Follow the steps to sign up
- Begin your self-care program

Learn more

Visit ableto.com/begin > Have your health plan ID handy

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Self Care by AbleTo should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the Self Care terms of use.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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