AbleTo: An eight-week counseling program for better health and better living.

Depression and anxiety are more common than you think. If you have a chronic condition and feel discouraged or stressed, you can access an easy, flexible counseling program.

Get access to:

- One-on-one support and therapy.
- Short counseling sessions with a licensed therapist and behavior coach.
- Coping tools and techniques to improve day-to-day life.
- Flexible scheduling.
- Sessions available via phone or video chat.
- Personalized, confidential solutions.

The AbleTo program is proven to reduce depression, anxiety and stress by 50%, and 97% of AbleTo graduates would highly recommend the program.1 If you feel overwhelmed or distressed, help is available.

To see if you qualify, contact AbleTo 1-844-622-5386 or go to ableto.com/uhc

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Administrative services provided by Oxford Health Plans LLC.