

# QPIC Corner

## Aetna® Behavioral Health AbleTo support Here for you when you need it

### Manage life's changes

Some life events can be overwhelming. Like having a baby. Or finding out you have diabetes or heart disease.

You may also feel emotions like:

- Worry
- Depression
- Confusion
- Anger

All of these feelings are normal. But they can make it harder for you to take control and make healthy changes.

And it's important to feel that you can control the health condition or life change, instead of it controlling you.

### Real help that fits your schedule

The AbleTo program can help you:

- Work through these normal emotions
- Understand and stick with your treatment plan
- Know the types of changes you need to make
- Feel like you are in control of your health and your life

AbleTo is part of your Aetna membership. But it's not like traditional programs. It makes it easy to get the help you need.



**Convenient eight-week program**  
with counseling and coaching by video or phone.  
Just call AbleTo at **1-844-330-3648**.

### It's easy to get started

If your claims data shows you would benefit from this program, an Aetna or AbleTo representative will call you to explain how it works and how it can help you. In most cases, there is no cost to you.\*

You'll be asked to confirm some information for privacy purposes.

Or you can let us know you're interested in participating by calling AbleTo at **1-844-330-3648**, Monday – Friday from 9 a.m. – 8 p.m. ET. You can ask questions, and an AbleTo staff member will ask you some screening questions.

You can also tell your Aetna case manager that you'd like to participate.

95%

**95%** of AbleTo graduates recommend the program to others.<sup>1</sup>

**Choose AbleTo support and get real help that fits your schedule.** Just call **1-844-330-3648** or contact your Aetna case manager.