



Harvard Pilgrim
Health Care

a Point32Health company



AbleTo

Mental health support at your fingertips

As part of our “whole-person” approach to care, Harvard Pilgrim members have access to mental health support from **AbleTo**.¹ These programs aim to seamlessly combine on-demand self-care tools and personalized virtual therapy sessions. This offers you access to a range of options from enhancing mental resilience with self-care techniques to connecting with licensed therapists for structured guidance.

AbleTo Virtual Therapy — start feeling and living better

Need help managing stress, changing unhealthy habits, improving your mood or managing your time? As a Harvard Pilgrim member, you have access to a personalized virtual therapy program. You can connect with an AbleTo licensed therapist, who will guide you and help you build coping skills to manage life’s ups and downs.

AbleTo Virtual Therapy is:

- **Confidential and personalized:** programs tailored to your schedule and specific needs
- **Convenient:** connect anytime, anywhere over phone or video
- **Empowering:** learn valuable insights into your thoughts, feelings, and behaviors to help you move past challenges.

Get started in 3 easy steps:

1. Grab your member ID card and confirm your insurance coverage
2. Schedule your consultation with the therapist of your choice
3. Receive a customized program and start your personal program

➤ Visit AbleTo.com/HarvardPilgrim and click on the 1:1 virtual therapy link to get started

Self Care from AbleTo – 24/7 on-demand mental health support at no cost

Access Self Care from AbleTo – available anytime, anywhere. This digital program is designed to help adults improve coping skills, resilience and overall mental health. Whether you're exploring mental health for the first time or you're not ready for a structured care plan, Self Care offers tools and strategies to enhance your daily well-being, from self-care activities and coping mechanisms to meditation tools.

Navigate your mental health journey with ease:

- Use Self Care on your mobile device or computer.
- Engage with curated content based on your needs.
- Leverage strategies such as cognitive behavioral therapy tools, mindfulness techniques and mood and habit trackers to foster emotional growth.

Emotional support at your fingertips:

- **Mood & habit tracking:** get to know yourself, your moods and what makes you feel good. Understand the “why” behind your actions and how they relate to your emotions, thoughts and mood.²
- **Meditations:** combat feelings of anxiety, improve your mood and practice being more present.
- **Collections:** explore therapist-designed guides that walk you step-by-step through activities designed to help you achieve a specific goal.

Get started with Self Care digital tool – your access code is your member ID card number

- Visit AbleTo.com/HarvardPilgrim and click on the 24/7 self care link to get started
- Choose Harvard Pilgrim as your sponsor and enter your member ID card number
- Answer a few questions and access curated content based on your needs

Scan QR code to download the AbleTo mobile app and get access to virtual therapy and 24/7 Self Care digital tool



¹ AbleTo is available to Harvard Pilgrim commercial members. Member cost sharing may apply. Members should refer to their plan documents for specific details regarding their coverage and benefits.

² Daily assessments are available for 18+