

Feeling stressed?
Overwhelmed?
Exhausted?



AbleTo can help.

AbleTo is a virtual behavioral health provider contracted with your health plan that offers convenient and confidential care for mild to moderate depression and anxiety. AbleTo includes access to over 2,000 licensed therapists nationwide.

AbleTo providers offer:



An eight-week evidence-based cognitive behavioral therapy program



Personalized care for symptoms of depression, anxiety or stress



Weekly one-on-one sessions that last up to 60 minutes

AbleTo services:



Are available to members 18 and older



Are subject to your health plan's behavioral health visit out-of-pocket costs



Offer digital tools and resources to support you between sessions



How to get started.

- Go to ableto.com/bcbsm.*
- Click *Get Started* to sign up and schedule an appointment with a therapist of your choice.
- Select a convenient day, time and device (phone or video) for your sessions. You'll receive an appointment confirmation.
- Attend your sessions through the AbleTo app, available in the App Store and Google Play, or online at ableto.com/bcbsm.*
- Have your initial consultation. Your program will be tailored based on your personal care needs, medical history and preferences.

Visit ableto.com/bcbsm to learn more.*

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Easy access to outpatient behavioral health care

*Dealing with a mental health or a substance use concern isn't easy.
Finding the right care should be.*

Whether you're dealing with anxiety, depression or other mental health concerns, or having difficulty controlling the use of legal or illegal drugs or alcohol, we're ready to help.

Your Blue Cross Blue Shield of Michigan or Blue Care Network plan now includes Quartet — a free resource that can help you and eligible family members 18 and older, living in Michigan, easily connect to outpatient behavioral health care.

Getting started is easy as 1, 2, 3.

1 Complete an assessment.

Answer a few questions online or by phone so Quartet can understand your needs.

- **Online:** Visit quartethealth.com/get-care/MI/BCBSM or scan the QR code.*
- **By phone:** Call 1-877-258-4010 from 9 a.m. to 6 p.m. Eastern time.



2 Get help finding the perfect provider match.

Quartet will provide you with a list of behavioral health providers to choose from, such as a psychologist, psychiatrist or clinical social worker, based on your preferences, personal needs and health plan benefits.

3 Make an appointment**

Choose the provider you'd like to see and schedule an appointment. Quartet will reach out one week after the initial appointment to make sure the provider is a good fit and re-match if necessary.

Let Quartet do the legwork to easily connect you to the care you need.

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**Subject to health plan cost share for outpatient behavioral health visits.

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