

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 evidencebased 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:



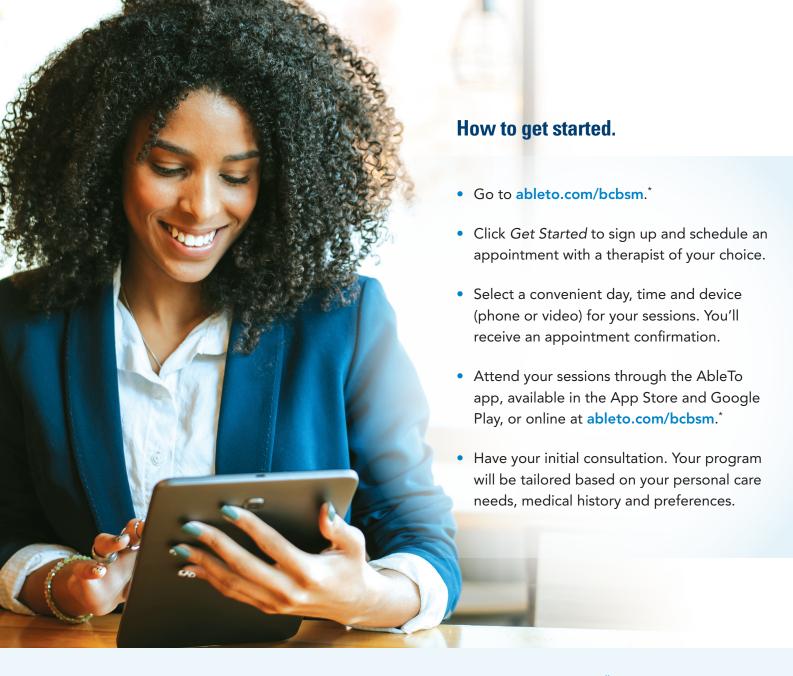
Are available to members 18 and older



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



Offer digital tools and resources to support you between sessions



Visit ableto.com/bcbsm to learn more.*

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