Say hello to Self Care from AbleTo

On-demand access to self-help for stress and emotional well-being

Get access to self-care techniques, coping tools, meditations and more—anytime, anywhere. With Self Care, you’ll get personalized content that’s designed to help you boost your mood and shift your perspectives. Tap into tools created by clinicians that are suggested for you based on your responses to a short, optional assessment. Self Care is here to help you feel better—and it’s available at no additional cost to you.

Daily mood tracking
Answer daily questions to record your current mood, identify patterns and self-assess your progress.

Meditation tools
Explore classic methods of relaxation—like deep breathing and positive visualization—in the moment when you need them.

Collections
Build life skills with curated content, tools and resources for the stuff that matters most to you—from work life balance to sleep, and much more.

Personalized roadmap
Track your progress, set goals and make strides through weekly check-ins—Self Care helps you create a roadmap to support your self-guided journey to better mental health.

Ready to get started?
• Visit ableto.com/begin
  > Have your health plan ID handy
• Follow the steps to sign up
• Begin your self-care program

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