

On-demand help for stress and emotional well-being

Self Care by AbleTo provides immediate access to cognitive behavioral therapy (CBT)-based tools and techniques to help individuals manage stress and improve their emotional well-being.

Available as an app or web experience, Self Care empowers individuals to engage with activities to improve their mental health and build life skills.

Evidence-based support

From the convenience of a mobile device, individuals can engage – anytime, anywhere – with 4 types of evidence-based support:



Assessments and tracking: Clinically validated assessments and check-ins help members understand their emotional state, track their progress and access personalized recommendations for focused content, tools and support.



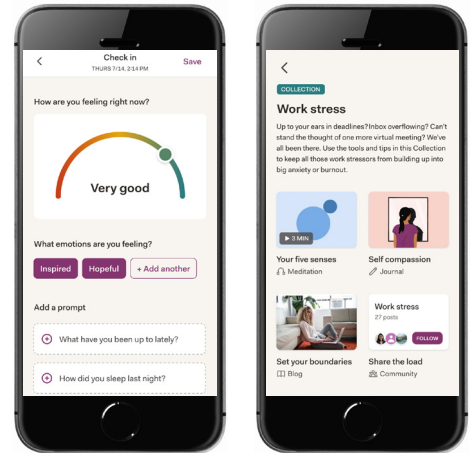
Mental health skills and tools: Evidence-based mental health tools – such as CBT skills, meditations and mindfulness techniques and sleep tracking – help members develop resiliency.



Collections: Focused sets of interactive activities and content enable individuals to apply evidence-based skills to their specific needs, like parenting stress, work-related burnout or coping with social injustice.



Community*: Structured chats and message boards invite peer-to-peer discussions and allow users to connect and learn from one another.



Measurable results

Users **experienced improvements** in scores for worry, mood and stress **within 60 days** of using the app.**

Provided by AbleTo

*Community feature will launch in 2023.

**Based on 2021 Sanvello participants from national client that opted into Self Care only. Had above normal DASS-21 symptom scores and completed the symptom assessment at least twice. Sanvello is the foundation of Self Care but it is not identical. Self Care outcome(s) will be assessed for results in the future.

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