



Support members can rely on

Helping members make the most of their behavioral health care benefits — and live their healthiest lives

Helping members navigate life's mental health challenges

In this guide, you'll find examples of the wide range of behavioral health support resources available to your members.

The resources are designed to help build awareness, drive engagement and encourage use of the many benefits available for individuals and their family members.

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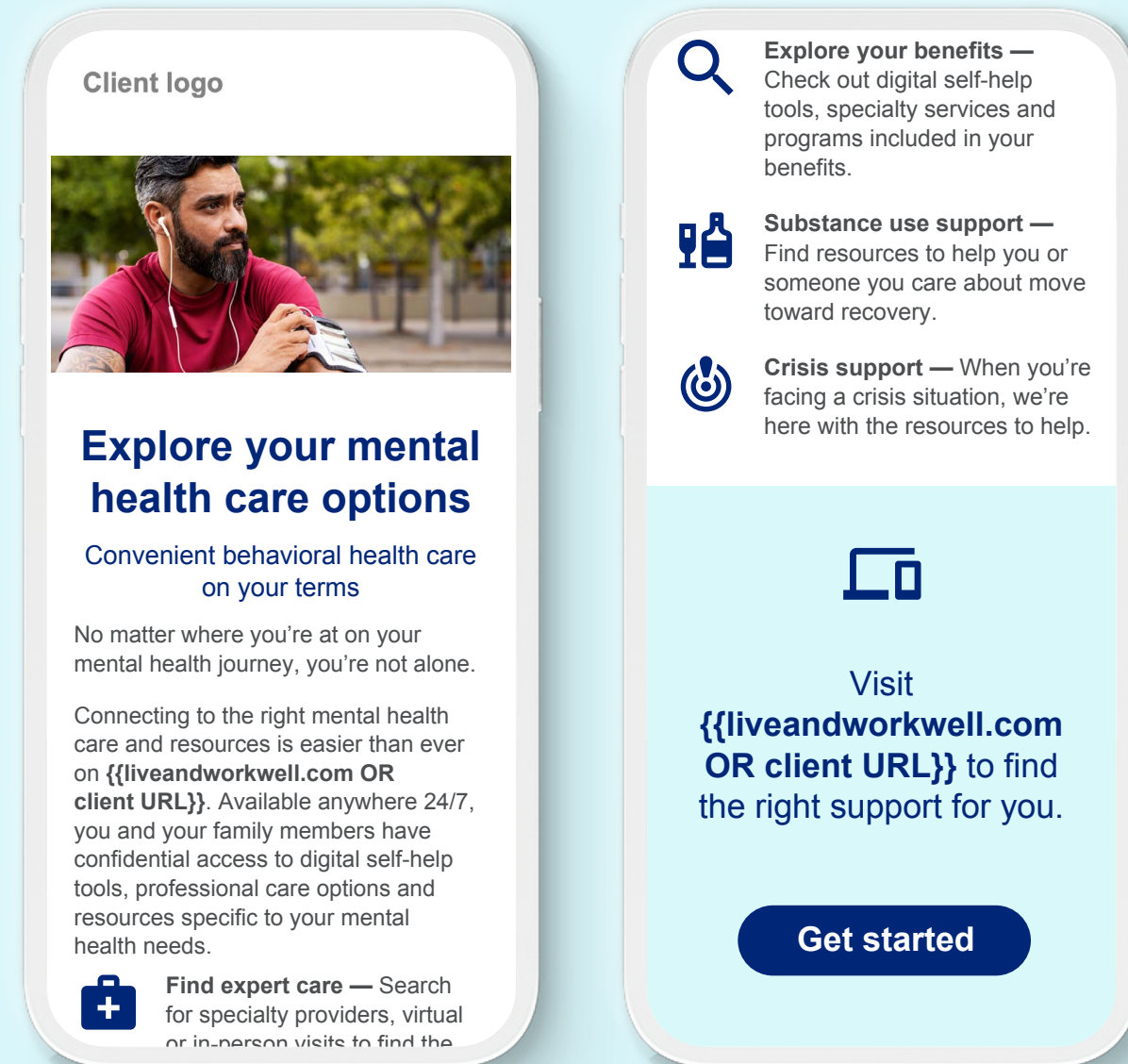
Why mental health matters

Tapping into convenient and flexible behavioral health care benefits

We're committed to helping your members connect to the right mental health care and resources they need to handle life's challenges.

Our behavioral health solutions offer members convenient care on their terms. We provide resources and support for depression, anxiety, trauma, substance use disorder or any other mental health condition. The example benefit email on this page shows one of the many introductory communications available to you to help boost member engagement.

It highlights member benefits that include an extensive network of mental health providers, virtual visits, fast access to care and digital self-help tools.



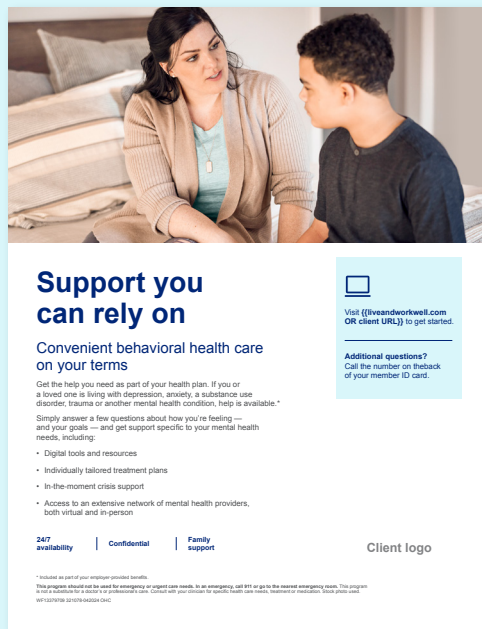
Benefit email

Reach members where they are with multichannel messaging

You know best how to engage with your members.

From brochures, posters and flyers to emails and other targeted messaging, options are all available to help engage your members.

All elements are easily customizable with your company logo and phone number.



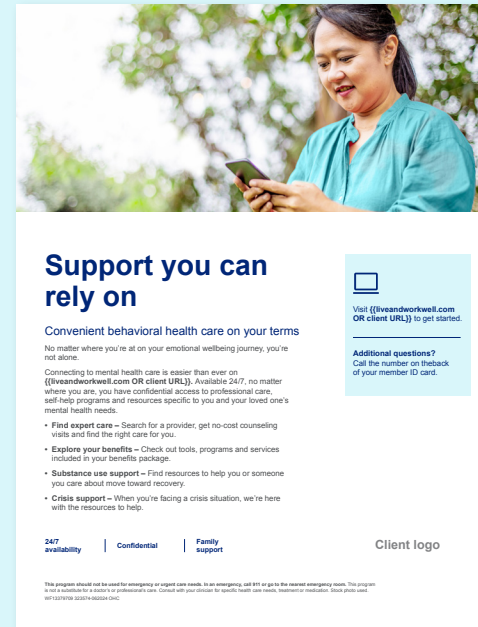
Flyer



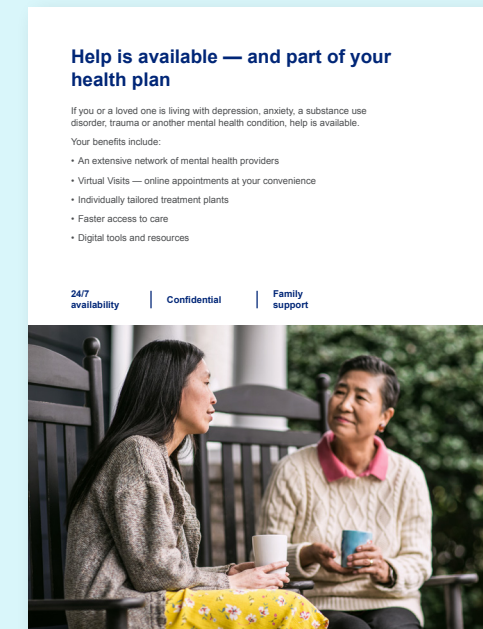
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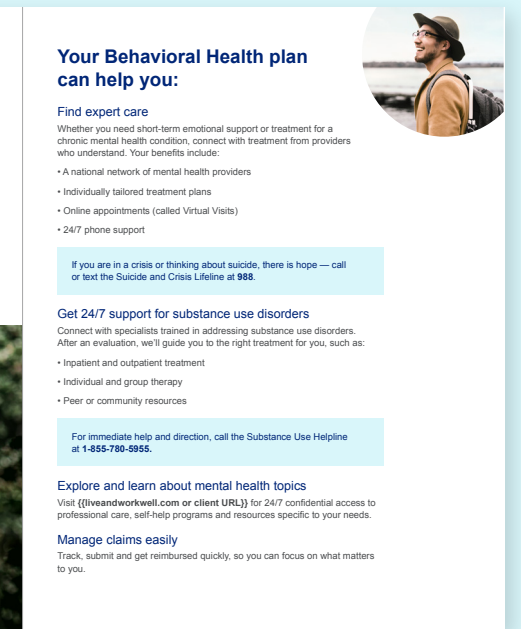
Guide



Flyer



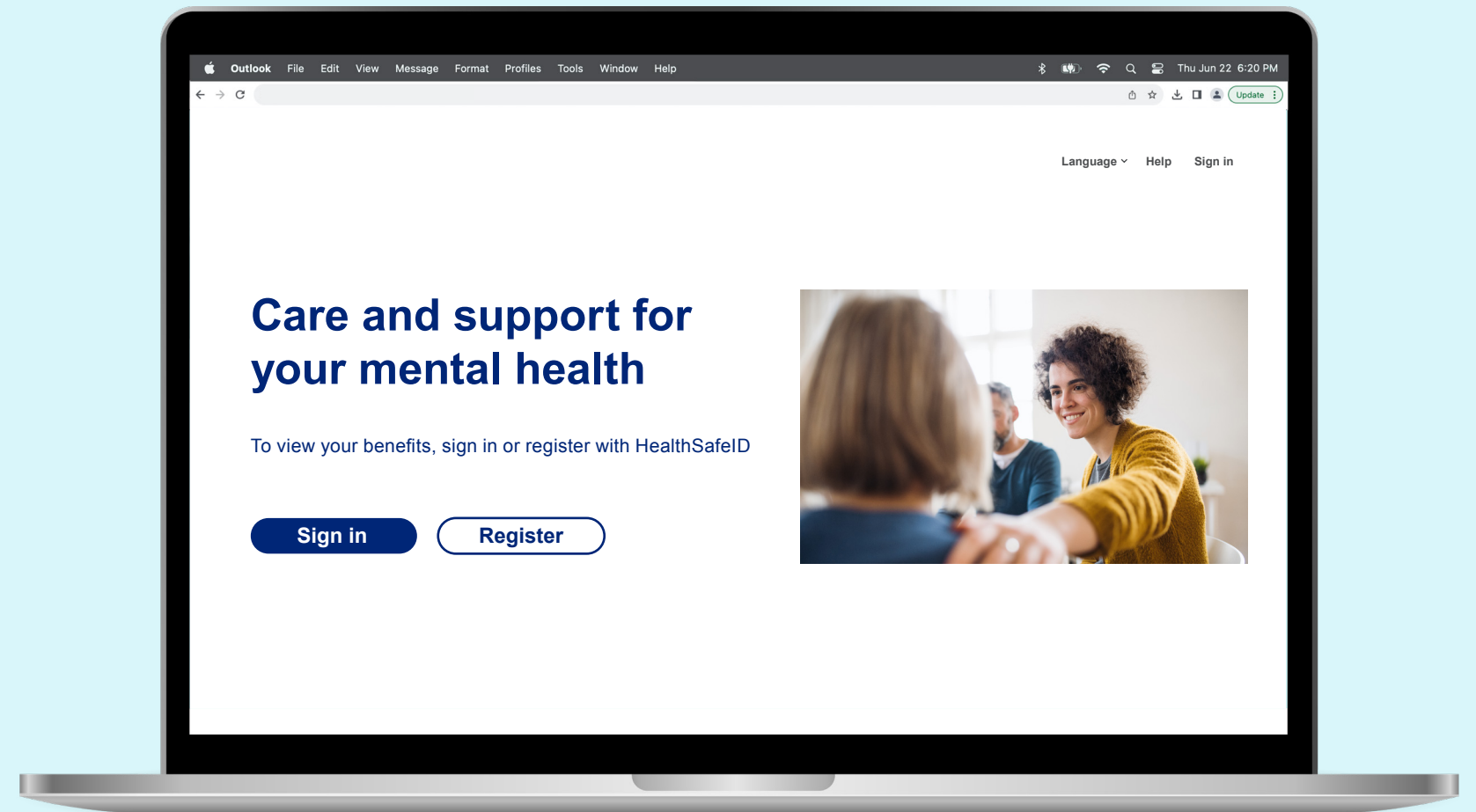
Guide



Strengthen engagement with every touch point

Connecting to care is easier than ever on the benefits portal. Your members can get 24/7 confidential access to professional care, self-help programs and resources to help individuals deal with life's stresses, such as depression or anxiety, substance use disorder, autism spectrum, trauma or a mental health crisis or condition.

Members get clear information about their benefits, tools to help them find the right type of support and resources to set goals and help improve their mental health.

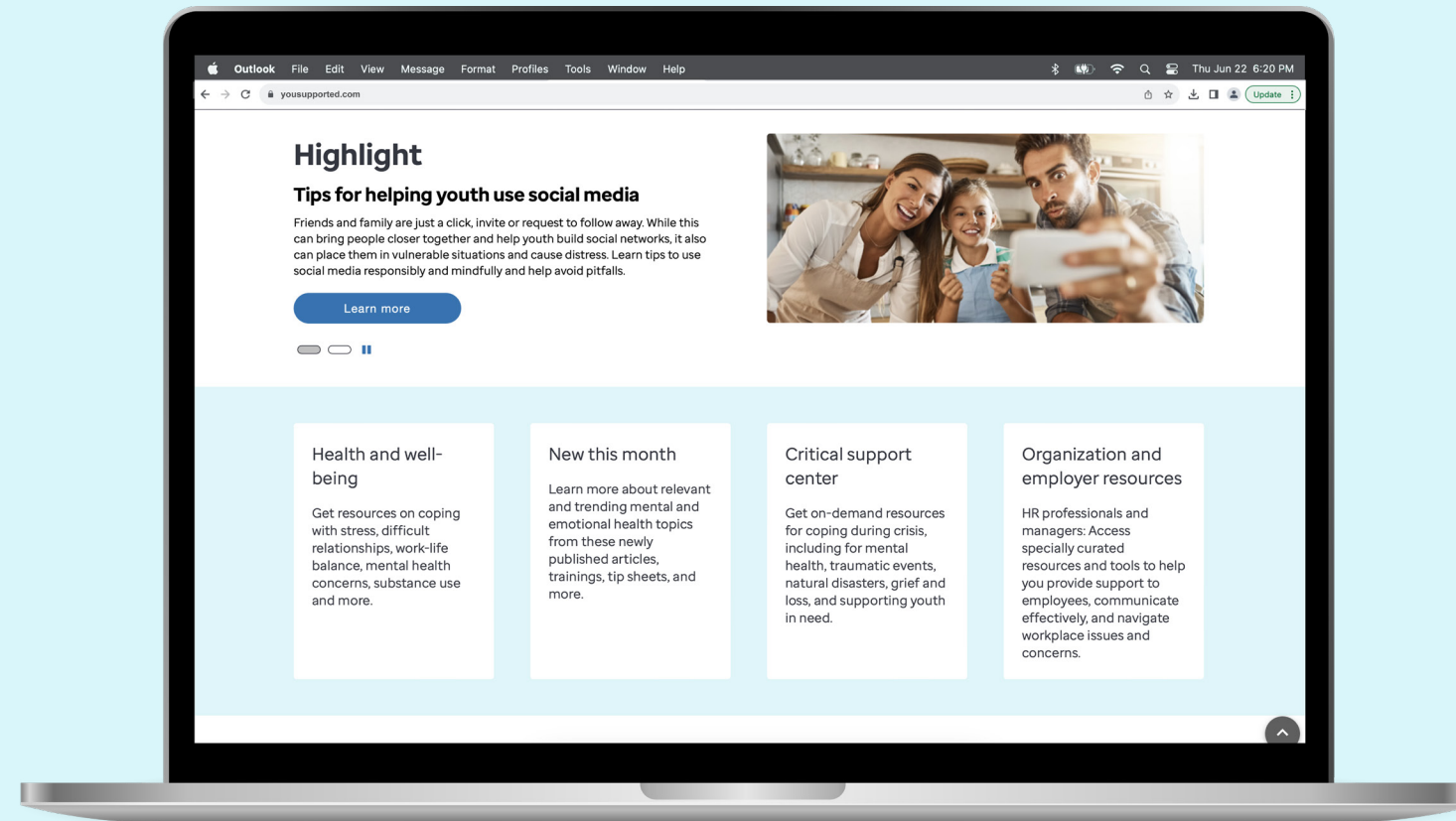


Engage members in their mental health and wellbeing

yousupported.com is a public website where members can access resources and content on relevant mental health topics. Resources include articles, podcasts, webinars and much more to actively engage members in their behavioral health journey and navigate toward improved mental wellness.

Organizations can also access additional resources, like monthly engagement toolkits. Content is grouped into 4 easy-to-navigate categories to help visitors quickly find what they need:

- **Health and wellbeing:** Member-facing resources to support emotional health, relationships, work-life balance and more
- **New this month:** A suite of curated content updated monthly on timely topics to support mental health
- **Critical support center:** A central hub with content to support members during critical incidents, such as natural disasters or grief and loss
- **Organization resources:** Resources and toolkits for organizations to share with their members to support their wellbeing



yousupported.com



Reduce worry and stress with on-demand tools

Connect your members to on-demand help, anytime, anywhere.

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

This flyer, like all communication options, is easily customizable with your company logo.

Self Care

On-demand help for stress and emotional wellbeing

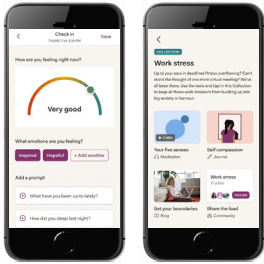
Self Care by AbleTo provides immediate access to cognitive behavioral therapy (CBT)-based tools and techniques to help individuals manage stress and improve their emotional well-being.

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.*

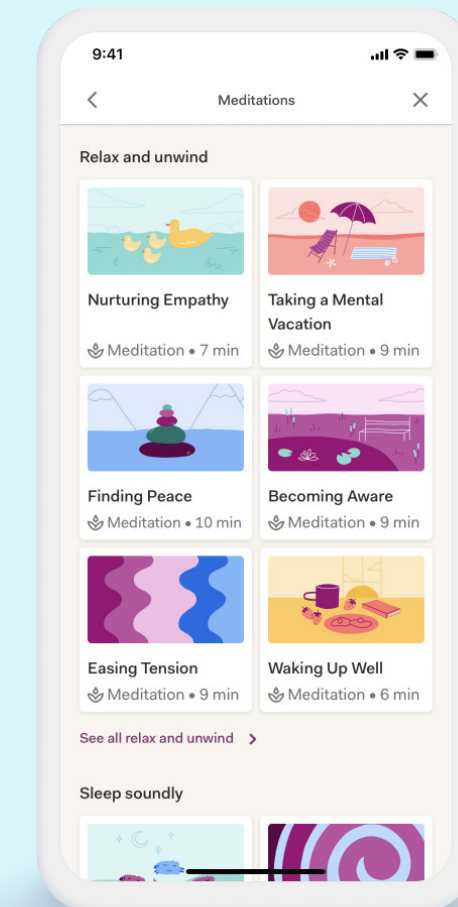
Connect members to on-demand support

For eligible individuals, Self Care is available with no out-of-pocket costs. To learn more, contact your sales executive.

Client logo

Provided by AbleTo:
* 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.

Flyer





Investing in mental health, now and in the future

**Please reach out to your account management team
with any questions or for additional resources.**