



# In control

**Take charge with 'AbleTo'**

From Aetna International

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**Some life events can be overwhelming, like having a baby or finding out you have diabetes or heart disease. They signal that you may need to make some changes. You can also feel emotions like worry, depression, confusion or anger. All of these feelings are normal.**

But they can hinder your ability to adapt or make healthy lifestyle changes. It's important to feel you have some measure of control, instead of having your circumstances controlling you.

### **Real help that fits your life**

We've partnered with leading behavioral health provider AbleTo to offer real, confidential support in ways that work best for you. There's no need to drive to appointments; you speak with someone by phone or via a web-based videoconference when it's most convenient for you — during the day, in the evening or on the weekend.

The program can help you:

- Work through these normal emotions
- Learn the types of changes you may need to make
- Understand and stick with your plan
- Feel like you have a little more control of your health and your life

### **When you need extra support**

Some of the life situations that might trigger your need for additional support include:

- Cancer recovery
- Heart problems
- Diabetes
- Depression/anxiety
- Digestive health
- Pain management
- Respiratory problems
- Substance abuse
- Postpartum depression
- Caregiver support or being a caregiver (child, elder, autism)
- Grief and loss

### **How it works**

The eight-week program features two sessions a week with a counselor and coach:

- One weekly meeting with a therapist to address emotional challenges like depression, stress and anxiety that strike independently or are triggered by a medical diagnosis or life change
- One weekly meeting with a coach to identify health goals and develop an action plan
- A final meeting with a therapist

## **Get started**

**Call the number on the back of your Member ID Card and ask to speak to a clinician on the CARE team.**

Or log in to Health Hub at [www.AetnaInternational.com](http://www.AetnaInternational.com), select "Health & Wellness" and click "Contact the CARE team."

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