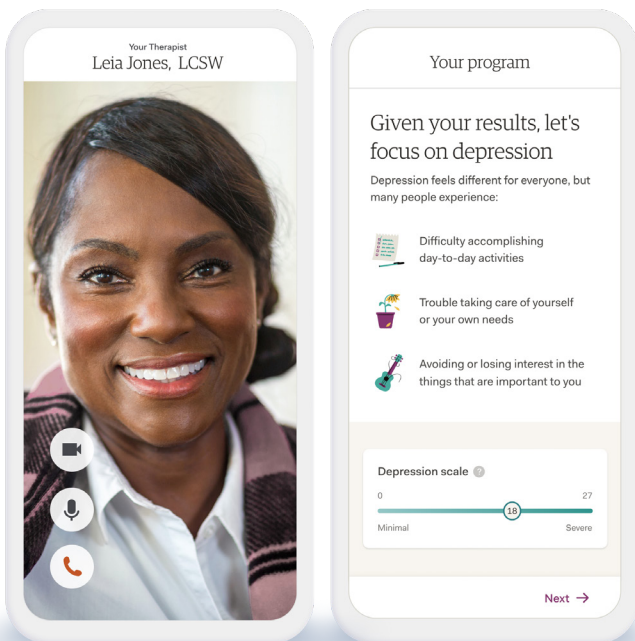




A Trusted Partner in Mental Health

Improving Access to High-Quality Care to Drive Results

For more than a decade, AbleTo has been a leading provider of high-quality virtual behavioral health care, delivering evidence-based programs that combine human expertise with effective digital tools. Our approach is proven¹ to help participants feel better and live better, giving our partners guaranteed results and the ability to control financial impact.



Therapy360 offers specialized virtual therapy for individuals with co-occurring mental and medical health needs, supported by licensed therapists and behavioral coaching with a data-driven approach to reach the right people at the right time.

Therapy+ for those with moderate to high mental health needs, offers 1:1 sessions with a licensed therapist, as well as digital tools for application between sessions.

Digital+ offers self-paced Cognitive Behavioral Therapy (CBT) activities supported by 1:1 motivational coaching for individuals with mild to moderate mental health needs, using techniques proven to reduce anxiety and depression.

Ready to learn more?

Visit [AbleTo.com](https://www.ableto.com)

ACCREDITATIONS



Personalized Services

Each AbleTo program is tailored to a participant's unique needs and goals, using a data-driven approach to understanding health risks and opportunities for impact.

- Analytics identify support for the right people at the right time and trigger proactive outreach to those most in need
- Clinically-validated assessments determine the right balance of human and digital support
- Cognitive Behavioral Therapy (CBT) treatment in a structured program, with participants receiving one-on-one support from licensed therapists and experienced coaches to promote adherence and member satisfaction

AbleTo has provided over 1M sessions of care with 97% participant satisfaction²



Patient-First Approach



Dynamic Personalized Solutions



Clinically Rigorous Care



Control Over Mental Health Costs



Proven Clinical Outcomes

Our High-Quality Care Improves Clinical Outcomes

AbleTo empowers people to take better care of their overall health through better mental health, resulting in lower total costs for the highest-risk members.

50%+

Decrease in Depression³

42%+

Decrease in Anxiety⁴

47%+

Decrease in Stress⁵

Digital+

15x

Higher Program Retention than Other Commercial Mental Health Apps⁶

Therapy+

72%

Above Normal Depression Scores Reach Normal by Graduation⁷

Therapy³⁶⁰

45%

Fewer Inpatient Hospitalizations at 12 Months⁸



Ready to learn more? [Visit AbleTo.com](https://www.ableto.com)

^{1,3,4,5} AbleTo Book of Business DASS-21 Outcomes; 2020

² AbleTo Book of Business; 2021

⁶ Comparison data is from Baumel and colleagues (2019) that examined patterns or real-world user engagement in commercially available mental health apps.

⁷ AbleTo Book of Business DASS-21 Outcomes, 2020.

⁸ Impact of AbleTo on Per Capita Resource Utilization and Health Spending among Beneficiaries from a Large National Health Plan (performed by Veracity Health Analytics), Boston, 2019