

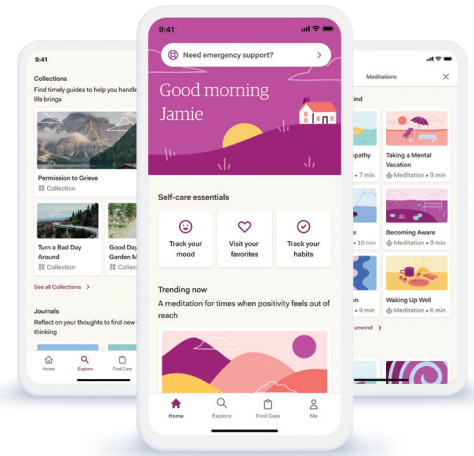


# Want to feel calmer and happier?

## Get AbleTo's Self Care app at no cost

We want to make it easier for you to ease stress and boost your mood. That's why, as a UnitedHealthcare® Community Plan member, you can use AbleTo's Self Care app at no added cost.

The Self Care app gives you emotional health tools to help you feel better. Check out meditations, breathing exercises, videos, blogs and more. You'll get personalized content. And the Self Care app is flexible. Use it when and where you want to.



### Daily mood tracking

Answer daily questions to record your current mood, find patterns and check your progress



### Meditation tools

Explore classic methods of relaxation — like deep breathing and imagining something positive — when you need them



### Collections

Build life skills with content, tools and resources for the stuff that matters most to you



### Personalized roadmap

Track your progress, set goals and make strides through weekly check-ins

## Get started today

- Visit [ableto.com/begin](https://ableto.com/begin)
- Follow the online steps to sign up
- Have your health plan ID handy, and use it as your access code
- Begin your self-care program

## Learn more

Scan the code below or visit [ableto.com/begin](https://ableto.com/begin).



United  
Healthcare  
Community Plan



Self Care by AbleTo should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Participants who are 18 and older have access to optional self assessments. Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the Self Care terms of use. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

---

Contract services are funded under contract with the State of Indiana. UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

Services to help you communicate with us are provided at no cost to members, such as other languages or large print. Or, you can ask for an interpreter. To ask for help, please call Member Services at 1-800-832-4643, TTY 711, 8 a.m.–8 p.m. EST, Monday–Friday.

Los servicios contratados están financiados en virtud de un contrato con el estado de Indiana. UnitedHealthcare Community Plan no discrimina en base a raza, color, origen nacional, sexo, edad o discapacidad en programas de salud y actividades.

Se proporcionan servicios para ayudarle a comunicarse con nosotros, tales como otros idiomas o letra grande, sin costo para los miembros. O bien, puede solicitar un intérprete. Para pedir ayuda, por favor llame a Servicios para Miembros al 1-800-832-4643, TTY 711, de 8 a.m. a 8 p.m. EST, de lunes a viernes.