



Horizon Blue Cross Blue Shield of New Jersey is committed to helping you gain access to the highest quality care when you need it. As a **no-cost, value-added service** available to you, we're working with AbilTo (pronounced "able to"), Inc., to help you cope with chronic medical conditions or medical events.

Teams of licensed therapists and behavioral coaches conveniently deliver behavioral health support by phone or secure live video, at a time that works for you. Our goal is to make living with your condition more manageable so you may make lasting improvements to your health.

An AbilTo representative may call you in the next few weeks. Learn more about the benefits of the AbilTo program in the enclosed flyer. If you have any questions, feel free to call AbilTo at **1-844-330-3651**. Representatives are available Monday through Friday, from 10 a.m. to 8 p.m., Eastern Time (ET) and Saturday, between 10 a.m. and 6 p.m., ET.

Sincerely,



Stephen Gordin, MD
Senior Medical Director
Healthcare Management

AbilTo, Inc., and its subsidiary AbilTo Behavioral Health Services PC, are independently contracted by Horizon BCBSNJ to provide remote behavioral health support services to Horizon BCBSNJ members with certain medical conditions.





Horizon Blue Cross Blue Shield of New Jersey

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When your health takes a turn for the worse ... how you feel affects how you heal.

During treatment – feelings of sadness, anxiety and stress can take a toll on you, getting in the way of your physical recovery.

Horizon Blue Cross Blue Shield of New Jersey wants to help make your treatment and recovery as smooth as possible. As a **covered, no-cost**, value-added service available to you, we're working with AbilTo, Inc. to help you take control of your life – and your health – on your own terms.

Your experience with AbilTo

- **Feel Better.** Improve your emotional and physical health.
- **Personalized.** Supportive behavioral therapy tailored to your specific needs.
- **Practical.** Consultations are twice a week for eight weeks.
- **Convenient.** By phone or video, privately, at home.
- **Qualified.** Professional behavioral therapists and coaches.



It's normal to feel stuck or even overwhelmed when coping with a chronic condition or recovering from a severe medical illness. With AbilTo's help, you'll learn to manage your emotions, handle complex medical instructions and even deal with pain better.

WHO PAYS?

Our programs are offered at no cost to you and there are no out-of-pocket expenses that you will be responsible for.

Skills you'll learn

- Managing stress
- Setting specific and achievable goals
- Improving your mood and outlook
- Overcoming barriers to positive change
- Engaging more fully in meaningful activities
- Setting boundaries and improving time management
- Maximizing physical recovery after a medical event
- Transitioning back to work after a leave of absence
- Improving communication with family and health care professionals

Effective relief

Following a full therapy course, AbilTo helped reduce depression, anxiety and stress by more than 40 percent on average.¹

¹Pre- and post-evaluation using the Depression, Anxiety, Stress Scales (DASS).

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CMC0007882b (04/16)

