

AbleTo is a virtual behavioral health provider contracted with your health plan that offers convenient and confidential mental health care to meet you where you are. AbleTo includes access to over 2,400 licensed therapists nationwide.

AbleTo providers offer:



An eight-week evidencebased cognitive behavioral therapy program



Personalized care for symptoms of depression, anxiety, stress and more



Weekly one-on-one sessions that last up to 60 minutes

AbleTo services:



Are available to members

18 and older

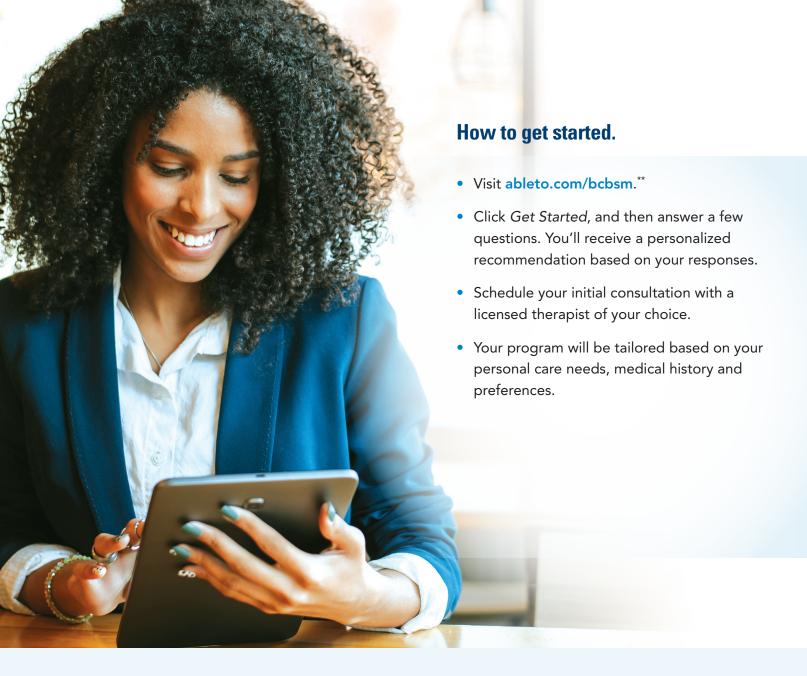


Are subject to your health plan's behavioral health virtual visit out-of-pocket costs*



Offer digital tools and resources to support you between sessions

^{*}To verify your out-of-pocket costs, call the Customer Service number on the back of your Blue Cross Blue Shield of Michigan or Blue Care Network member ID card or check your member account at bcbsm.com.



Visit ableto.com/bcbsm or scan the QR code below to learn more.

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AbleTo is an independent company contracted by Blue Cross Blue Shield of Michigan to provide behavioral health services for BCBSM and BCN members.



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