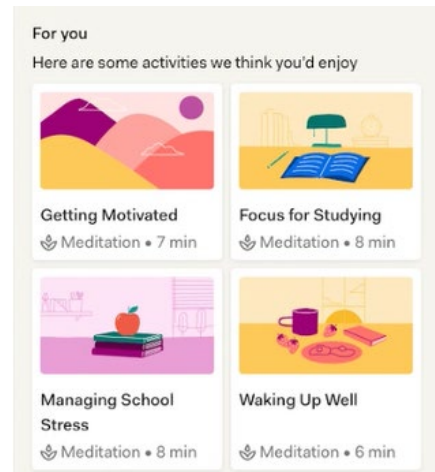




Self Care by AbleTo offers new support for teens

In response to the increasing need to support teen mental health, AbleTo Self Care is now offering curated content for teens ages 13-19. Launching in August as part of the monthly engagement toolkit on optumwellbeing.com, teens will have direct, confidential access to the AbleTo Self Care program using access code “teen”.

For more information, access the August toolkit [here](#) using your organization’s liveandworkwell.com (LAWW) access code.



Additional information:

Once a teen uses the access code, how long will they have access to Self Care by AbleTo?

The membership will be available for 12 months from the date the user registers.

After a teen turns 18, does their access change?

No, their access will not change.

Is there a cost for the teen to download the AbleTo app or access the tailored content?

No.

If a teen accesses Self Care by AbleTo, will their experience be different?

Most of the Self Care program features and tools will be the same. However, due to clinical guidelines, users ages 13-17 will not have access to complete the PHQ-9 or GAD-7 assessments or access the community journal feature.

How do teens access Self Care by AbleTo?

Users will be directed to download the AbleTo app from either the App store or Google play. Once a user downloads the app, they can access Self Care by entering the code “teen”. From there, the app walks the user through the onboarding steps.