



Welcome to **better well-being**

Quartz mental well-being programs with AbleTo help you get the mental health support you deserve. You'll have access to digital Self Care+ with the AbleTo app. You can also work 1-on-1 with a therapist, coach, or both.† Learn to use tools that help you manage emotions, reduce feelings of stress, and build toward better days.

With AbleTo, you'll get:

Personalized support

- A range of programs tailored to your needs, including self-care and coaching, at no additional cost

Flexible access

- Mental well-being support that works around your schedule
- Most coaching and therapy appointments are available within five business days

Effective results

- Methods and tools backed by science

Who can use AbleTo: Quartz health plan members† now have access to AbleTo's Self Care+ for ages 13+*, and additional coaching and therapy services for ages 18+**. Eligibility and cost-share vary by plan coverage.† Enroll at AbleTo.com/Quartz to find out if you qualify.



Sign up for AbleTo at
AbleTo.com/Quartz

Here's how it works

Follow these simple steps to begin your journey to mental well-being today.

1. Visit AbleTo.com/Quartz
2. Fill out a short questionnaire
3. Start your personalized program

Download the AbleTo app for anytime, anywhere access.

AbleTo.com/Quartz

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Quartz

AbleTo

†Eligible Quartz health plans include most commercial fully insured, State of Wisconsin Group Health Insurance Program, Medicaid, and Quartz Medicare Advantage (HMO) and Dual Eligible plans.

*AbleTo's Self Care+ program is available to Quartz members and eligible dependents 13+ who are enrolled in an eligible health plan through Quartz.

**Additional coaching and therapy services: These services are offered to most commercial fully insured, Medicaid, and Quartz Medicare Advantage (HMO) and Dual Eligible plans. Coaching sessions are offered at no additional cost to the member; however, therapy services are subject to cost-sharing depending on the service and the plan.

AbleTo's therapy services assist members in coping with covered mental health conditions like depression or anxiety. For more acute conditions, more extensive service may be needed. **If you need emergency emotional assistance, call or text the 988 Suicide and Crisis Lifeline at 988 or use Lifeline Chat for 24/7 free and confidential support.**

Quartz Medicare Advantage (HMO) is an HMO plan with a Medicare contract. Quartz Medicare Advantage Dual Eligible with Rx is a D-SNP HMO plan that has a contract with Medicare and with a State Medicaid program. Enrollment in these plans depends on contract renewal. Other pharmacies/physicians/providers are available in our network. Quartz health plans are offered by Quartz Health Benefit Plans Corporation, Quartz Health Plan Corporation, Quartz Health Plan MN Corporation, and Quartz Health Insurance Corporation (Quartz), which are separate legal entities. ©2023 Quartz Health Solutions, Inc.

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