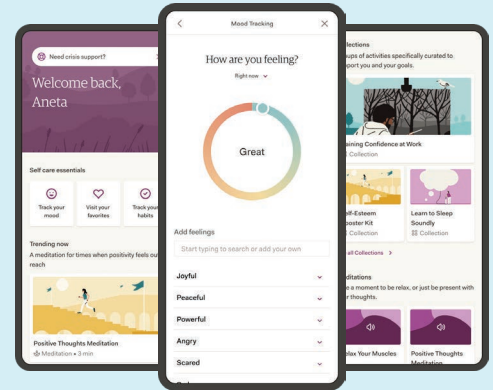


# Say hello to Self Care from AbleTo

On-demand help for reducing worry, stress and improving mood.



Get access to self-care techniques, coping tools, meditations and more – anytime, anywhere. With Self Care, you’ll get personalized content that’s designed to help you boost your mood and shift your perspectives. Tap into tools created by clinicians that are suggested for you based on your responses to a short optional assessment. Self Care is here to help you feel better – and it’s available at no additional cost to you as part of your Emotional Wellbeing Solutions.

## Ready to get started?

- Visit [LiveandWorkWell.com](https://www.liveandworkwell.com), register your HealthSafe ID or browse as a guest with your company access code **TGNA**.
- Look for Self Care from AbleTo on your homepage to begin.

## Features and benefits



### Daily mood tracking.

Answer daily questions to record your current mood, identify patterns and self-assess your progress.



### Collections.

Build life skills with curated content, tools and resources for the stuff that matters most to you – from work life balance and sleep, and much more.



### Meditation tools.

Explore classic methods of relaxation – like deep breathing and positive visualization – in the moment when you need them.



### Personalized roadmap.

Track your progress, set goals and make strides through weekly check-ins – Self Care helps you create a roadmap to support your self-guided journey to better mental health.

Available 24/7.

Confidential.

No extra cost.

**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. Self Care is available to members ages 13+ at no additional cost. Participation in the program is voluntary and subject to the Self Care terms of use.