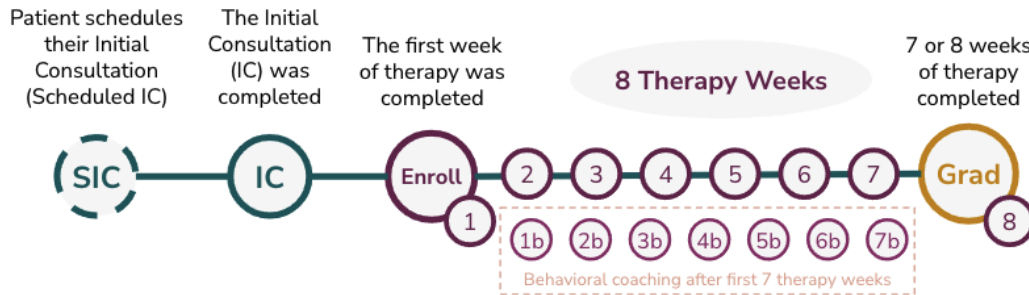




Therapy360 Program Overview

1-on-1 weekly treatment with licensed therapist, a behavioral coach, and structured program tools



Therapy360 Terminology

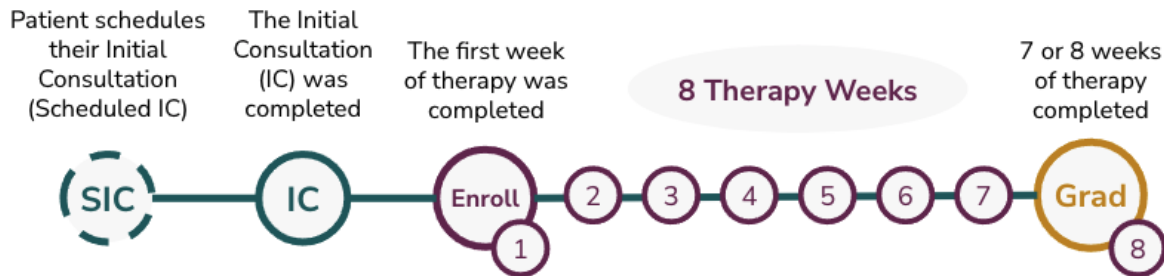
Engagement	Term	Definition
Terms	Initial Consultation (IC)	First step in the program consisting of a comprehensive assessment of a participant by an AbleTo therapist, before entering the eight weeks of therapy.
	Scheduled Initial Consultation (SIC)	Initial Consultation has been scheduled with AbleTo therapist.
	Completed Initial Consultation (IC)	Initial Consultation is completed and the participant is deemed a fit for the program
	Enrollment	The first of eight weekly therapy sessions is completed (1A session)
	Graduation	Seven or eight weeks of therapy is completed (7A or 8A session)
	Booster	Supplemental programming designed to help returning participants strengthen and refine skills. Booster programs may be initiated if the participant has experienced a new major life event, or severe exacerbation of systems. This does not apply to every AbleTo client, please reach out to your account team to learn more.
Sources	Follow Up Assessment	Often conducted 3 months post graduation. If treatment is clinically needed, the participant may re-enroll. This can include either a booster program or a second eight-week treatment program. This does not apply to every AbleTo client, please reach out to your account team to learn more.
	Outbound *Proactive Identification	Participants who are identified using AbleTo targeting algorithms and passed to the AbleTo Engagement Center for outreach
	Clinical Referral	Participants who were referred by a care manager or provider
	Self Enrollment	Participants who signed up for an AbleTo program on the AbleTo website.



Therapy+

Therapy+ Program Overview

1-on-1 weekly treatment with a licensed therapist & structured program tools



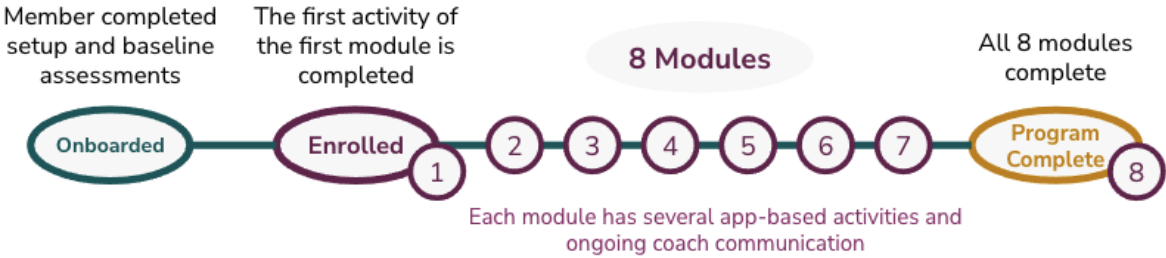
Therapy+ Terminology

Engagement	Term	Definition
Terms	Initial Consultation (IC)	First step in the program consisting of a comprehensive assessment of a participant by an AbleTo therapist, before entering the eight weeks of therapy.
	Scheduled Initial Consultation (SIC)	Initial Consultation has been scheduled with AbleTo therapist.
	Completed Initial Consultation (IC)	Initial Consultation is completed and the participant is deemed a fit for the program
	Enrollment	The first of eight weekly therapy sessions is completed (1A session)
	Graduation	Seven or eight weeks of therapy is completed (7A or 8A session)
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Sources	Follow Up Assessment	Often conducted 3 months post graduation. If treatment is clinically needed, the participant may re-enroll. This can include either a booster program or a second eight-week treatment program.
	Outbound *Proactive Identification	Participants who are identified using AbleTo targeting algorithms and passed to the AbleTo Engagement Center for outreach
	Clinical Referral	Participants who were referred by a care manager or provider
	Self Enrollment	Participants who signed up for an AbleTo program on the AbleTo website.



Coaching+ Program Overview

1-on-1 weekly coach sessions & structured CBT-based digital program



Coaching+ Terminology

Engagement	Term	Definition
Terms	Completed Coach Setup	User has completed Connect or FIT, account creation, onboarding, is formally paired with a coach and has had the opportunity to schedule a coach kickoff call.
	Completing Kickoff	Initial coaching session with the participant. The session discusses program goals and individual needs. Participants are now considered enrolled.
	Meaningful Completer	Participants completing at least three coaching calls. At this stage, the participants has covered the clinically significant material to benefit from the program.