



Your AbilitiCBT journey

AbilitiCBT is one of the most effective and efficient therapy methods.

Here's how it works:



1

Go to pacificbluecross.myiCBT.com to sign up



2

Complete an online questionnaire

This should only take 5-7 minutes



3

Start module 1 - you get immediate access after you complete the questionnaire



4

Chat with a therapist by phone or video to complete your assessment and get guidance for the program



5

Work through modules on any device, at your own pace

Your therapist tracks progress and checks in throughout!



6

Access for 1 year after you sign up

Check back on past modules for a refresher!



AbilitiCBT

by LifeWorks

Learn more about AbilitiCBT at pacificbluecross.myiCBT.com

  @AbilitiCares