



Change the way you think, and feel better

Digital Cognitive Behavioral Therapy

Digital Cognitive Behavioral Therapy (DCBT) programs have proven to work just as well as face-to-face therapy and prescription medicines. They're easy to use, educational, interactive and self-paced. You can use them anywhere at any time—all you need is a computer or mobile device that can play videos. Modules are available to help with a variety of conditions*:

C **ComfortAble™—for chronic pain**

This seven-session program helps:

- Improve functioning
- Prevent pain flare-ups
- Change unproductive thoughts and behaviors

F **FearFighter®—for anxiety, panic & phobia**

In this nine-session program, you'll:

- Learn how the body reacts to anxiety
- Take part in core belief exercises and keep a diary
- Create and maintain a fear ladder with goals

M **MoodCalmer—for depression**

This four-session program helps you:

- Understand signs and symptoms
- Challenge negative thoughts
- Schedule pleasant activities to help manage relapse

O **OCFighter—for obsessive compulsive disorder**

This nine-session module provides interactive videos and user success stories to help you:

- Understand ritual impacts
- Identify triggers
- Develop self-management skills to reach your goals

R **RESTORE®—for insomnia & other sleep difficulties**

This six-session program teaches skills, to help improve your sleep. Between modules, you'll be asked to:

- Track your sleep daily
- Complete homework
- Work on exercises

S **SHADE—for substance use disorder**

This ten-session program helps reduce alcohol and substance use. It can also help with depression related to use, and it:

- Teaches skills and techniques to understand addiction
- Helps improve mood, relaxation and mindfulness
- Promotes long-lasting, skill-based changes in behavior

Visit your member website to get started!

1. Create a new account or log in to your existing account.
2. Under the "Explore" section, click on the "Self-Care Programs" tile.
3. Click on the link to "Begin a self assessment."

Once you complete the assessment, you will see access codes to enable you to begin the DCBT programs. Programs can be completed online through your web browser, and select programs can also be downloaded as mobile apps on your mobile device.

**Employee Assistance Program
For Professional Consultation**

Call 800-424-4485

TTY Users: 800-456-4006

*You may not have access to all of the modules.