

# On To Better Health

## Self-help tools and resources at your fingertips

On To Better Health gives you online access to self-help tools and resources proven to help people get better and feel better. Complete guided therapy programs to change unhelpful thoughts and behaviors. Read health and wellness articles. All of the tools and resources are easy to use, confidential and available 24/7!\*

### On To Better Health helps you:

- Identify your needs—by answering a few questions, a personal health plan is created just for you
- Get help through digital cognitive behavioral therapy for common challenges such as:
  - Insomnia
  - Depression
  - Anxiety
  - Obsessions or compulsions
  - Alcohol or substance use
  - Chronic pain
- Read helpful tips and articles based on your interests and health needs

### It's easy to get started!

To access the programs go to [ontobetterhealth.com/mccfl](http://ontobetterhealth.com/mccfl).

*Sometimes it's hard to find time for yourself or get help when you do find time. **On To Better Health** is there when and where you want it. Get started today!*

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