

Empower Your Well-Being with Self-Guided iCBT Therapy



AllOne Health is excited to offer self-guided therapy through internet-based Cognitive Behavioral Therapy (iCBT) courses, thoughtfully developed by our AllOne Health clinical team.

These online courses are designed to help you take charge of your mental health and well-being. Whether used as standalone tools or in partnership with therapy sessions, these courses provide effective strategies to enhance your mental health journey.

What Are iCBT Courses?

iCBT is a proven, effective method for understanding and managing thoughts, emotions, and behaviors. Our self-guided courses are designed to help you:

- Reduce stress and anxiety.
- Build better coping strategies.
- Enhance emotional resilience.
- Improve overall mental health.

Why Choose Self-Guided Therapy?

- **Flexible:** Complete the courses at your own pace, anytime and anywhere.
- **Accessible:** Available 24/7 in the online member portal & app.
- **Confidential:** Your participation is private and secure.
- **Proven Results:** Backed by science to help improve mental health.
- **Clinically Designed:** Created by our AllOne Health clinical team to deliver practical, effective tools for standalone use or to complement therapy sessions.

Getting Started Is Easy

1. Visit www.allonehealth.com/support
2. To create an account and sign in, enter your email address and company code: **COGR011**
3. Navigate to the iCBT Courses section and choose the program that suits your needs.

** You can always call to access services, without needing to create an account or log in to the portal.*



Take the first step to better mental health today with support from AllOne Health.

Need Help Getting Started?

Call: 800.932.0034

Visit: <https://cnic.mylifeexpert.com>

Code: CNIC653

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