



Why Health System Leaders Are Switching to Innovative EAPs with Personalized Care

The future of mental health

The bulk of traditional EAPs have single-digit utilization and poor ROI. That's why vanguard organizations like **Wellstar Health System** are choosing innovative EAPs with personalized mental healthcare services to effectively [improve clinical outcomes and financial ROI](#).

Within 11 months of switching to Spring Health, Wellstar's utilization jumped from 2% to 16%.

+700% Increase in EAP utilization within 11 months of switching to Spring Health

Effective, flexible care built to serve frontline workers and their families



Precision Mental Healthcare delivers clinically proven, personalized care



Onsite Care Navigators reach the 70% of Wellstar employees who aren't desk workers



Fast Recovery Times with an average of 5.9 weeks to remission

"We were having enormously high claims from our behavioral health plan, but our [traditional] EAP utilization was only 2%. [With Spring Health], employees are going to therapy about 4.8 times—they're not using our medical plan for therapy, and so our behavioral health claims have gone down."

– Penny Ferrell, Executive Director of Employee Wellness & Work Life Services at Wellstar

Why Spring Health

Spring Health is the only clinically and financially proven mental health solution validated by a top, peer-reviewed medical journal. We use Precision Mental Healthcare to deliver exactly what will work for each person—whether that's meditation, coaching, therapy, medication, or beyond.

Traditional EAPs lack critical services and have low utilization. With the diverse suite of services available through Spring Health, you can replace or supplement your EAP, increasing utilization and your bottom line.

Find out how we can support your workforce, today.

Contact partnerships@springhealth.com.

Results you can count on:

70% reliably improved their mental health

\$7,000 average savings per employee within 6 months

24% increase in productivity