

# The most effective solution for your global team's mental well-being

Discover why industry-leading, people-first employers turn to Spring Health to modernize their behavioral health benefits, and transform their EAP.

## Our Approach

Spring Health provides a single front door to global mental well-being. Our proprietary technology, *Precision Mental Healthcare*, has been published in 30+ peer-reviewed journals, making it the most clinically-proven and effective solution in the market. We use this technology to create a personalized treatment plan and connect members with appropriate care such as digital CBT programs, coaching, therapy, navigation support, medication management and ancillary EAP services. To ensure a seamless navigation experience with ongoing support, each member is provided a dedicated Care Navigator, a licensed mental health professional.

## Single Front Door to Global Mental Well-Being

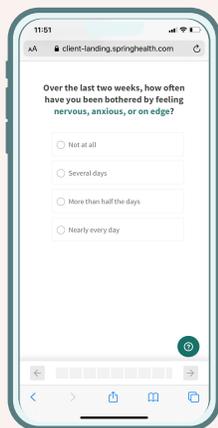


Subclinical

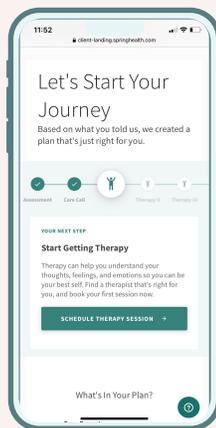
Serving the needs of the entire mental health spectrum

Clinical

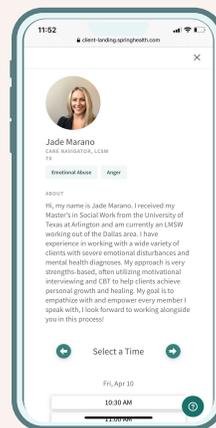
## How It Works



Sign up and complete the personalized assessment



Receive your personalized care plan



Meet your dedicated Care Navigator (a licensed therapist)



Get immediate access to our full spectrum of solutions

# The perfect solution for supporting your entire global workforce

## Unlimited support from licensed professionals



Every member receives access to a dedicated Care Navigator. These licensed mental health professionals can provide emotional support, answer questions around treatment and care, and refer out to other options available within the member's benefits plan.

## Built to accommodate your population's busy schedules



Our therapists and psychiatrists often see patients outside of standard working hours, with availability on nights and weekends, and an average time-to-appointment of 1.1 days.

## Curated work/life resources for your entire team



Access to a custom branded portal filled with work/life resources suited just for your team.

## Relevant programming for your busy team



Tap into our catalog of ready-made trainings, or request a custom program from our team on the topics that are most relevant to your population.

## 24/7 crisis support hotline



Our licensed professionals are there for your team when they need it most, providing immediate emotional support and emergency referrals at any time of day or night.

## A collaborative partnership to better support your team



Through bi-weekly reporting and regular check-ins, we'll keep a pulse on the needs of your population, and provide new, innovative ways to ensure their well-being.

# The Spring Health Difference

## Access



**Average days to appointment**  
vs. 21-day national average



**100% integrated provider calendars** for real-time availability

**Bundled visits & client-specific networks for budget predictability**

In-Network with your health plan at affordable rates after last bundled visit (US Only)



## Reporting & Insights



**Real-time reporting dashboard** for insights when you need them most

Reporting package includes utilization, engagement with care, clinical outcomes, recovered productivity, and more

## Personalization, Navigation & Quality of Care

**Care navigation** for every member, every step of the way

Provided by our team of licensed mental health counselors



**The most diverse network** in mental healthcare

3x the APA averages for BIPOC (Black, indigenous and people of color)





**Provider quality and availability monitored in real-time**

via our proprietary *Candela* technology

**Integrated digital tools** for a range of mental health conditions

*Moments* provides on-demand exercises for mental wellbeing, *within* the Spring Health app



## Real Results



**+72 Member NPS** vs. -45 NPS for typical employee wellbeing programs

**10x engagement of standard EAP**  
30% at Spring Health vs. ~3% Standard

**8 week faster recovery time** vs. ~20 weeks traditional care