

A behavioral health solution offering expanded access to high-quality providers for every level of care



Mental Well-Being provides easy-to-access, personalized behavioral health care based on customized assessments

3-5 days to first appointment*

70% of program members saw improvements in their behavioral health**

5.9 weeks to remission, on average**

6 months of care decreased overall health care spending**

*According to Spring Health data
**Data from JAMA 2022 Peer Reviewed study

[ONLINE REFERRAL FORM](#)

Overview

- Mental Well-Being powered by Spring Health provides high-quality care and timely access to over 6,000 behavioral health providers
 - low- to high-acuity conditions
- Patients receive a Care Navigator to provide support and coordinate care
- Patients may receive:
 - Virtual and in-person (where available) therapy
 - Life coaching from certified health and wellness coach
 - In-network referrals
 - 24/7 crisis line access
 - Educational/wellness tools

Eligibility and Out of Scope Services

Program Eligibility	Out of Scope
<ul style="list-style-type: none"> • ≥ 6 years old • Fully-insured commercial, Medicare Advantage and ASO members 	<ul style="list-style-type: none"> • ABA therapy for autism • Acute opioid disorder • Acute psychosis, mania, or unstable suicidality • Controlled substances (Rx) • Eating disorders • PT/OT/speech therapy for developmental delays

What Does This Mean to You?

- Offers prevention and early intervention options to avoid more severe mental health challenges that can be more disruptive, cost more to address, and complicate/contribute to other comorbidities
- Addresses Social Determinants of Health needs that may prevent patients from focusing on physical health and chronic condition management
- Uses 14+ assessments including GAD-7 and PHQ-9 to customize care plan
- Provides record release form at enrollment with the option to share records with other providers and PCP; can also print visit summaries
- Refer patients through Spring Health’s online referral form

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