

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

**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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