

Modernize Your EAP with a Clinically-Validated Replacement

Whether fully replacing your existing EAP or boosting its impact, Spring Health is the most comprehensive, global mental health solution proven to deliver better outcomes, **faster**.



Coaching, medication management, and in-person or virtual **therapy appointments in <2 days**

Dedicated care navigation from masters-level clinicians

Inclusive access to care in more than 200 countries and 100 languages

24/7/365 crisis support line

Clinically-validated Precision Mental Health Assessment and personalized care plan

150 on-demand, digital cognitive behavioral therapy (CBT), in **Moments**

Diverse provider network with 45% identifying as BIPOC

Health plan **integration capabilities**

Full-spectrum Substance Use Disorder (SUD) navigation and treatment

Specialized support, care, and resources for parents and family members of all ages

Resources on topics like **legal, financial, child and elder care, travel, and more**

Compass, a shared EHR that integrates insights from the entire care team

FASTER RECOVERY

8wks

Faster than traditional care, with **70%** of employees showing improvement in anxiety and depression

REDUCED HEALTHCARE COSTS

12%

reduction in total claims cost per Spring Health participant (net Spring Health cost)

INCREASED PRODUCTIVITY

25%

fewer days missed and a **24%** increase in productivity

Spring Health clinical outcomes validated and published by JAMA. Financial outcomes independently validated by third party actuarial firm, SBA (Santa Barbara Actuaries).

The Spring Health difference

Mental Healthcare that is precise, personal, and proven.

Precise

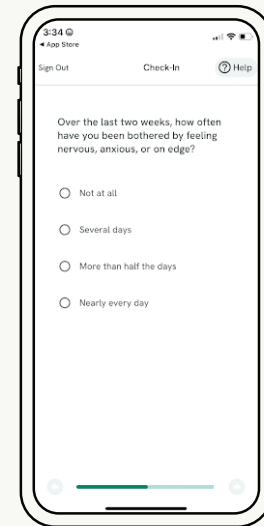
- A validated, clinical assessment dynamically adapts to the member's responses while screening for 12+ conditions
- Each personalized care plan utilizes AI to compare data from thousands of patients, recommending the appropriate level of care, backed by science
- A direct path to the right care – including therapy. Appointments are available, on average, in under 2 days

Personal

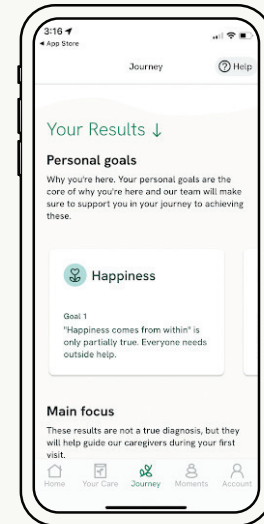
- Scheduling with providers is quick and easy using a direct, real-time scheduling tool with 100% provider calendar integration – available on mobile or web
- Members are data-matched with providers that meet their needs. They can filter by criteria like gender, ethnicity, specialty, location, and more
- Dedicated Care Navigator for additional oversight and guidance including proactive outreach to members who are high-risk

Proven

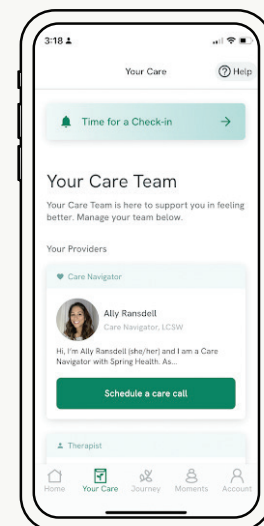
- Clinical outcomes and ROI backed by peer-reviewed research, published by JAMA
- 50% reduction in employee turnover
- Providers are rewarded for their quality of care as opposed to the quantity of appointments taken
- Our proprietary Electronic Health Record (EHR), Compass, integrates insights from all providers resulting in faster, more precise care



PRECISION
MENTAL HEALTH
ASSESSMENT



PERSONALIZED
CARE PLAN



DIRECT
SCHEDULING

Learn more about Spring Health
at springhealth.com