

Proven Net-Positive ROI for Mental Healthcare

Investing in mental health pays off

The Validation Institute certifies Spring Health as the first and only comprehensive mental health solution to show net savings for customers, lowering total health plan spend by \$2,430 per participant in the first six months of engagement.

HEALTH PLAN SAVINGS

2.2X ROI on health plan spend

EMPLOYEE RETENTION

22% Reduction in employee turnover

OVERALL SAVINGS

4.1X Total ROI (health plan + workplace)

PRODUCTIVITY & TIME AT WORK

12% Fewer days missed



ValidationInstitute

About Validation Institute

Validation Institute is an independent, objective, 3rd party organization on a mission to improve the quality and cost of healthcare.

Based in Needham, MA, the organization is made up of a network of health benefits purchasers, health benefits advisors, and healthcare solution providers focused on delivering better health value and stronger outcomes than conventional healthcare.

Methodology used to show significant savings

These results are based on a large-scale retrospective study that examined healthcare and workplace costs for 10,716 health plan members from November 1, 2019 - September 30, 2022. For the healthcare claims and retention analysis, participants using the Spring Health benefit were matched to the control group on multiple demographic variables (age, gender, medical risk score, mental health diagnosis, date of diagnosis) to ensure that both groups were similar. Healthcare utilization and related costs were quantified using medical claims.

Productivity costs were quantified using a subset of employees providing productivity data and compared to benchmark data. This was calculated by self-reported time out of the workplace due to mental health symptoms, measured with the Sheehan Disability Scale.

Spring Health saves on physical and mental health costs for patients with chronic conditions

The study revealed that Spring Health led to significant healthcare savings, primarily through reduced spending on physical health, especially among those with costly, chronic medical conditions:

54% of savings came from reductions in physical healthcare spend

\$6,930 reduction in health plan spend for individuals with cancer

\$5,226 reduction in health plan spend for individuals with diabetes

\$5,040 reduction in health plan spend for individuals with hypertension

Choose a mental health solution with trusted and verified outcomes

With the number of mental health solutions increasing every day, and little evidence to prove claims of efficacy, consider a critical set of questions when weighing your options:

Is the cost of care delivery included in the savings analysis?

Is the study based on real-world data?

Does the solution have proven financial results?

Are the results validated by an independent third party?



To learn how to improve your employees' mental health and increase savings with Spring Health: Visit springhealth.com