

Coaching with Spring Health

Expanded care options for your workforce

For employees to be their best at work and at home, they need direct access to a range of care options.

Spring Health Coaches can help your employees achieve their personal goals, bolstering their overall wellbeing, including their mental health.

Now, more of your employees can access preventive care that's more precise to their needs.



Costs increase without support

64% of the US workforce is not engaged at work¹. Life events and personal challenges play a role:



Parents

25% suffer from burnout²



Sleep Issues

1.2M working days lost annually³



Loneliness

\$4,200 in additional cost/worker from missed work days⁴



Physical Inactivity

\$117B in annual healthcare costs⁵

Coaches can help members:

- Set and reach personal goals
- Build new skills
- Achieve balance
- Create healthier habits
- Normalize getting help
- Grow in areas beyond mental health

Credentialed and Experienced

Spring Health Coaches are either an ICF-credentialed coach (ACC, MCC, PCC), or National Board Certified. They adhere to the ethical framework for technology-delivered coaching.

With over 100 hours of post training, coaches empower Spring Health members to take control of their busy lives.



Who can benefit from coaching?

Any motivated member, older than 18, without a serious untreated mental health condition. Let's say a member wants to:

- Learn how best to support their child who is having trouble making new friends
- Address their procrastination habits at home and at work
- Develop better sleeping habits, now that their depression is well managed with a therapist

Spring Health Coaches can help members with a range topics, including:

Personal Development

- Life transitions
- Identity
- Relationships
- Communication skills
- Self-development
- Work-life balance
- Time management

Parenting

- Quality time
- Identity support
- Parenting best practices
- Developmental activities
- Behavioral concerns
- Family contributions

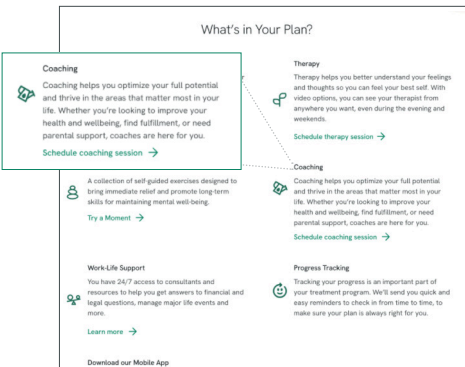
Health & Wellness

- Nutrition
- Physical activity
- Stress management and resiliency
- Sleep habits
- Mindfulness
- Self care

What to expect?

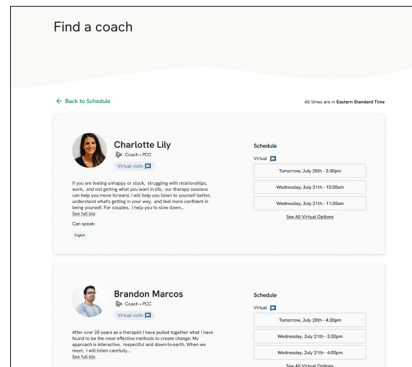
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After taking the online assessment, members will see coaching as an available pathway if they meet the criteria.



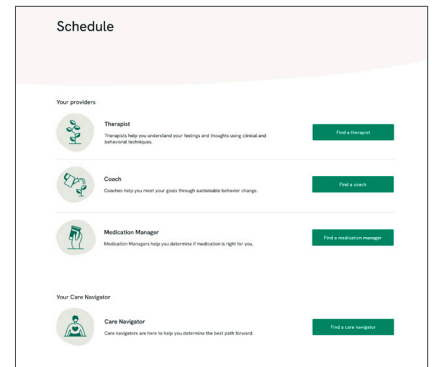
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Members can search for coaches by availability and see their specialty areas.



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Members can directly schedule a 30-45 minute virtual coaching session.



A data-based approach to what you need

Not everyone needs a coach and not everyone needs a therapist. Sometimes, members will need both.

At Spring Health, we understand these nuances. Coaches work with Care Navigators to monitor signs that a member may need care outside the scope of coaching. We lead with science to do what's best for our members.



Preventative

Clinical

Learn more

Coaching is just one part of Spring Health's full spectrum of mental health support. To learn more contact sales@springhealth.com

1 <https://www.gallup.com/workplace/352959/employee-engagement-holds-steady-first-half-2021.aspx>
 2 <https://www.mavenclinic.com/lp/parents-burnout-and-the-great-resignation>
 3 <https://www.welcoa.org/blog/effects-poor-sleep-workplace/>
 4 <https://www.cigna.com/static/www.cigna-com/docs/about-us/newsroom/studies-and-reports/combating-loneliness/loneliness-and-its-impact-on-the-american-workplace.pdf>
 5 <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/workplace-health.htm>