spring health the Wonderful company...

Fast, confidential mental health support for you and your whole family

Spring Health, your mental wellness benefit provided by your employer, gives you and your family access to therapy, 1:1 human support, and more.^{*}

ADDRESSING THE NEED FOR FAMILY MENTAL HEALTH

Has your child or teen been struggling emotionally? It's probably not surprising to learn that 72% of parents said they had witnessed a decline in their child's emotional wellbeing this year.^{**} While the pandemic has created new challenges for families, it's also exposed some barriers to family mental health that existed long before the pandemic.

One of the biggest challenges is **access to therapy for kids and teens**. The process of finding the right care can be an isolating and stressful experience for parents – 60% of parents reported that a lack of information about where to seek help is a barrier to getting their child the care they need.^{***} Once you find a provider who seems like a fit, you may have to wait weeks or even months until the first available appointment.

With Spring Health, you no longer need to wonder where to start or who to trust, and can schedule an appointment for yourself or your child within minutes.

*Only available to covered dependents.

**Child Mind Institute

***Child and Adolescent Psychiatry and Mental Health

****<u>AACAP</u>



7.5 weeks / 2 days

The average wait time for a pediatric therapy appointment is 7.5 weeks in the US.****

With Spring Health, parents can get an appointment within a few days.



Why Spring Health

A QUICKER, EASIER WAY TO GET CARE YOU CAN TRUST

No matter where you or your family are on your mental health journey, Spring Health helps find you the right resources at the right time. If you're a parent who is ready to find a therapist for one or more of your children, you can schedule and manage their care in just a few clicks. If you're not sure about the kind of support you or your family member needs, your dedicated Care Navigator, a licensed clinician, is there to help. As your family's mental health champion, your Care Navigator can make recommendations and referrals, answer questions, like how to talk to your kids about therapy or how to know when to seek help.



Therapy

You and each of your covered family members have access to therapy sessions.



Kids & Adults

Mental healthcare for covered family members, ages 6 and up — from children to teens to adults and spouses/domestic partners.



Fast Appointments

Filter, browse and select a provider from a list of recommendations and schedule an appointment in an average of less than 2 days with just a few clicks.



Specialized Providers

Access a diverse network of family and child mental healthcare providers who treat a full spectrum of mental health conditions.



Dedicated Support

Unlimited 1:1 human guidance from your personal Care Navigator, a clinically-licensed mental health professional.



Private & Confidential

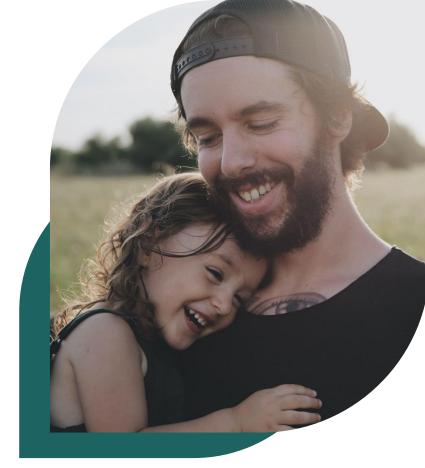
Your and your family's information and care is never shared with anyone, including your employer.

How it works

A STREAMLINED EXPERIENCE FOR FAMILY MENTAL HEALTHCARE NOW INCLUDING THERAPY FOR CHILDREN AS YOUNG AS 6

Book and manage therapy for kids and teens age 6–17

If you're seeking care for your child or teen between the ages of 6–17, you'll create and manage a Spring Health account on their behalf using their full name, email address, and date of birth. You'll be prompted to sign an electronic informed consent, and can then immediately find a therapist and directly schedule and manage their appointments.



If you're new to Spring Health, go to <u>wonderful.springhealth.com</u> to sign up

	# springhealth
	Join Spring Health
Men	tal healthcare personalized just for you and your family.
	O O
	First, create your guardian account test, withing potenti per chit
	Your first name 1 Your land name 1
	INR. UR
	Allow ALCON
	33 Apple Denset
	City of residence 1 29 / pendol solar 1
	80084.W
	Your data of Serth-
	🗖 January 1, 1986
	Pose surface 1
	2456570
	Choose your sign-to assist 1 Tendan Signand, core
	Const for 198240-1.
	We provide in product pair information and estimates with pair or decisions that after your treath.
	 Laples to do rep Health's Stress of Sectors Prince Phase and RENA Prince Sectors
	was more in factory basics. ✓ 1 agrees in factory basics
	Bast 4
e uning Spring How C-2780227 - True	n 🐧 paljala (m. 📕 lanta mange 📓 annan dipateplaatie
nest moned in the	Concess on a concess was now is added or in another different place contex? In Manual 00 272-2280, to fee dust, or \$11 within the Dated Dates. For international, places contex? we be
	tania.
h	

Easily verify & create parent account



Create child account

If you already have a Spring Health account

Scheduling & Managing Care

Try Moments		
Complete an exercise from our free Libra	ry of personalized therapy	
techniques in the Spring Health mobile a Start self-puided o		
		_
/	T0-D05	_
	Get care for your family Sign-up your children and add	÷
Things to Do	other dependents	
×		
(©) \	 Check in Tracking your progress is an 	<i>→</i>
Get the right care for your family	important part of your treatment plan - check in now!	
Sign-up your children and add other dependents		
	V	
Calervior		

You'll see "Things to Do" when you log in, including "Get care for your family". Select this to either add an account for a child age 6–17, or invite another dependent 18+ to sign up on their own

# spring health Care Schedule	🛔 Momens 🕆 🕆 Line v
Schedule Therapy for Jaime	
Conditions Job X Autonocourse V V Looston Italianes, Boolige XV, 11311 edit	Specialities: Obtaine (s) 13 years rold v
\widehat{m} . Automatically filtering for providers that see children below 13 years of age. Is this incorrect? Update your childri age base.	All times are in Eastern Standard Time
Describer Langeb Describer Jahren (Marcheller) Describer Jahren (Marcheller) Describer Jahren (Marcheller) Statistical (Marcheller) Describer Jahren (Booking Options: Visual D Tamoron, July 2491 - 81500 Santon, July 2483 - 183000 Webdania, July 279 - 153000 Santon Markana Santon
Can help you with: Rouseback, and this provide Through Stacours. Children & Towards	Inferior.

Easily schedule therapy and Care Navigation, manage appointments, and browse a list of qualified providers by condition, specialty and availability.

Available on mobile and desktop

How it works

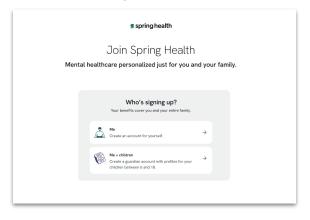
Help your adult dependents access care independently

Partners, Spouses and Adults Dependents 18+: If your family member is over 18 years old, they will be able to create their own Spring Health account, either by email invitation sent from your account or directly from Spring Health at <u>wonderful.springhealth.com</u>.

Their account will not be linked to yours and you will not have access to manage their sessions or appointments.



Add or invite dependents



Invite a spouse, partner, or other dependents older than 18+ to create their own account, or create an account on behalf of one or more children between ages 6–17. When you invite you dependent, they will receive a Spring Health invitation email.

Dependent self-serve sign-up (18+)

	spring health
Ment	Join Spring Health al heatthcare personalized just for you
We could still quality Employee Employee Employee	Who shares this benefit with you? If the year bandle, which is defined to possible, but you like they the all the any information possible, but you like they find name
employe	or organization email address eemail@organization.com one? Just leave this field blank,

Accounts created by dependents 18+ will be independent from your parent account. You will not be able to see or manage appointments for adult dependents from your account.

Spring Health will recommend providers based on your needs, but you also have the ability to filter by condition & specialty:

Filter by conditions:

- ADHD
- Autism spectrum disorder
- Eating disorders
- Generalized anxiety
- Panic
- Phobias
- Trauma
- And more

Filter by specialties:

- Adolescent (13-17 years old)
- Children (6-12 years old)
- Faith-based
- Families
- Gender identity
- LGBTQIA+ identity

What to know

Q: How do I know if my child needs mental healthcare?

A: If you're unsure where to start, reach out to your Spring Health Care Navigator first. As a clinically licensed mental health professional, they can answer questions and help you find the best path forward. If you haven't worked with a Care Navigator before, schedule an appointment through your Spring Health account, or get in touch by **calling +1 (855)** 629–0554

or emailing careteam@springhealth.com

Q: How much will it cost for my family?

A: Setting up an account through Spring Health is free. Additionally, you and each of your covered family members have access therapy sessions. Your costs for the therapy sessions will depend on which Wonderful medical plan you are enrolled in. Call, email, or chat with us to understand your costs. For many people, therapy costs may be as low as \$0.

Q: My child already works with a therapist we love. Can we continue seeing them?

A: If your child is already getting mental healthcare, you can refer their therapist to apply to be a part of the Spring Health provider network on our jobsite <u>here</u>. In the "Source " section, the first question is: "How did you hear about Spring Health?" Providers should select "Other" and type "patient referral" in the free text when answering the question.

To learn more about your and your family's Spring Health benefits, reach out to your Care Navigator at +1 (855) 629-0554 or email careteam@springhealth.com.

If you or a family member is in need of immediate assistance, call our **Crisis Support Line at +1 (855) 629–0554, Option 2 – available 24/7.**



Spring Health is 100% confidential. Your and your family's information is never shared with anyone, including your employer.

Get started at <u>wonderful.springhealth.com</u> or by calling +1 (855) 629–0554.