

Get to Know **Spring Health,** Your Mental Health Benefit





What is Spring Health?

Spring Health is a new PharmaLogic benefit offering **convenient, personalized mental health support** to help you and your family navigate life's challenges.

Our mission is to help people and organizations **thrive by eliminating every barrier to mental health.**



What is mental health?

“

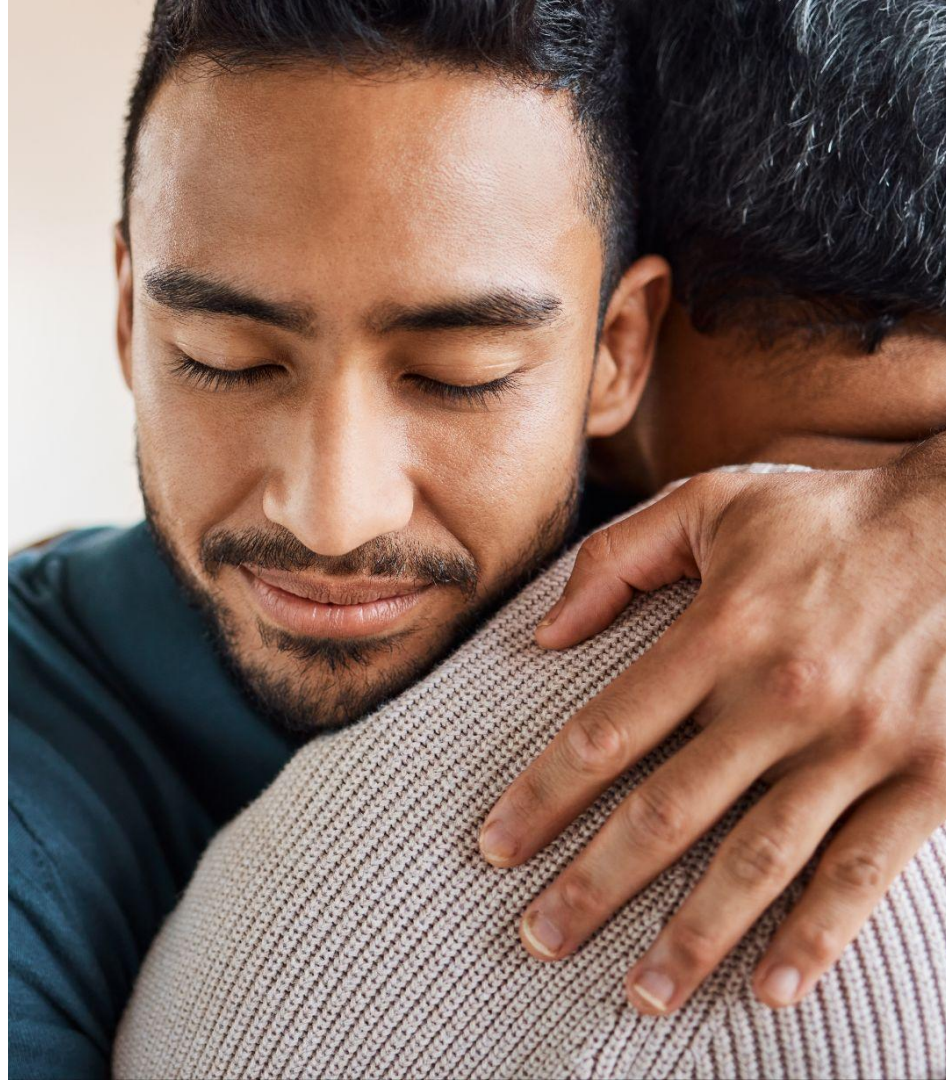
A state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.

| World Health Organization

Your Well-Being Is Our Priority

*As many as 1 in 4 Americans
experience mental health
conditions in a given year.*

Whatever you're going through,
you're not alone. Spring Health
is here to help you build a
happier, healthier life.





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Your Spring Health Benefits

Benefit Eligibility and What's Included

Spring Health is available to PharmaLogic employees and their household dependents.



Therapy

Each member (age 6+) gets 6 free therapy sessions per year.

Additional sessions are available at an in-network rate through the PharmaLogic health plan.

If needed, 2 of your covered sessions may be used for medication management.



Coaching

Each member (age 13+) gets 6 free coaching sessions per year.



Care Guidance

Support from a Care Navigator is free and optional at any point.



Wellness Exercises

Access to Moments digital wellness exercises is free and unlimited.

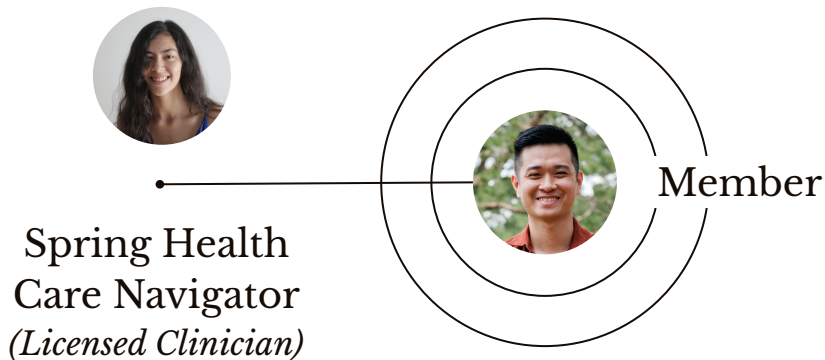


Work-Life Resources

Resources and expert consultations are free. Specialized services or referrals may be subject to fees.

Care Guidance and Support

Care Navigators help you take your first step or next step with confidence



●
**Walk you through
your care plan**

●
**Help you find the
right provider**

●
**Make care
recommendations**

●
**Provide emotional
support**

Therapy

Build a healthier mind and happier life

Therapy can help you:

- Understand your feelings, thoughts, and behaviors
- Relieve symptoms of stress, anxiety, or other concerns
- Navigate change and overcome challenges
- Learn healthy coping skills
- Build your self-confidence
- Strengthen your relationships

We have therapists for everyone:

47%

identify as
BIPOC

100+

Languages
spoken fluently

25+

Treatment
modalities

76%

specialize in
trauma

Coaching

Set and achieve your personal or professional goals

Personal Development

- I want to feel more confident.
- I want to improve communication with my partner.
- I want to start planning for retirement.

Professional Growth


- I want to create better boundaries at work.
- I want to take the next step in my career.
- I want to learn new skills.

Health and Wellness

- I want to sleep better.
- I want to learn effective ways to manage stress.
- I want to reduce my alcohol intake.

Parenting

- I want to feel less alone as a single parent.
- I want to improve communication with my child.
- I want to help my child focus in school.



Jamie Towns
Life & Wellbeing Coach • NBC-HWC

I am passionate about coaching and I am so grateful and honored for the trust and vulnerability it takes to reach out for help when making changes in your life. My coaching style is based in mindfulness and inquiry. Allowing you to have profound insights and clarity around what matters to you most. Being healthy is so much more than how we move our body and the foods...

[See full bio](#)

Speaks:
English

Can help you with:

Emotional & Mental Wellbeing

Life Transitions


Self-Care


Women's Wellness


Coaching [Start here](#)


Level up with Coaching

Not completed

Health & wellness


Personal development


Professional growth


Parenting


Moments Exercises

Moments self-guided wellness exercises can help you feel better fast and strengthen your mental health over time. Available in English, Spanish and 38 other languages on any device.

Moments exercises support you with:

- Personal growth
- Relationships
- Parenting
- Career
- Mindfulness
- Sleep
- Stress
- Anxiety
- Focus
- Burnout
- Loneliness
- Substance use

87%

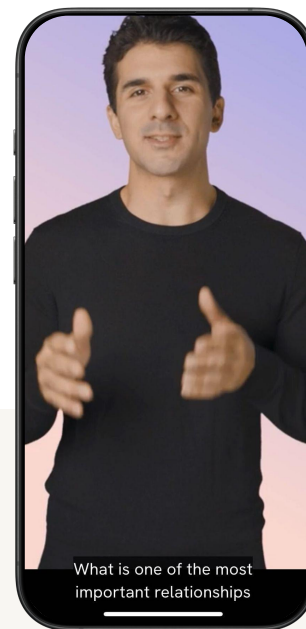
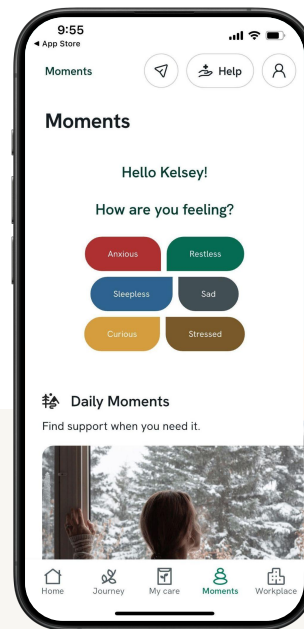
Report reduction in anxiety symptoms

40%

Report reduction in eating disorder symptoms

30%

Report immediate symptom reduction across conditions

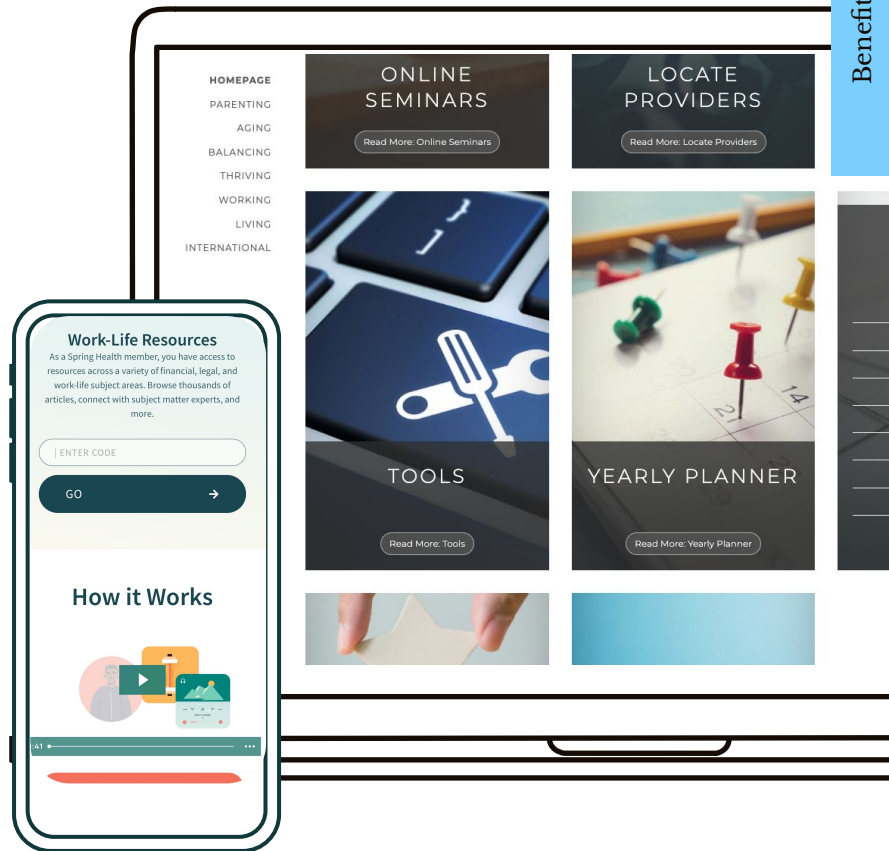


Work-Life Resources

Enter work-life code *pharmalogic* at
pharmalogic.springhealth.com

Work-life resources make managing your day-to-day life easier. Browse information online or connect with subject matter experts to get support for:

- Financial matters
- Legal assistance
- Major life events
- Health and wellness
- Travel
- Home improvement
- Child, senior, or pet care
- Parenting and education
- Career development
- And much more!



Monthly Webinars

Register at webinars.springhealth.com

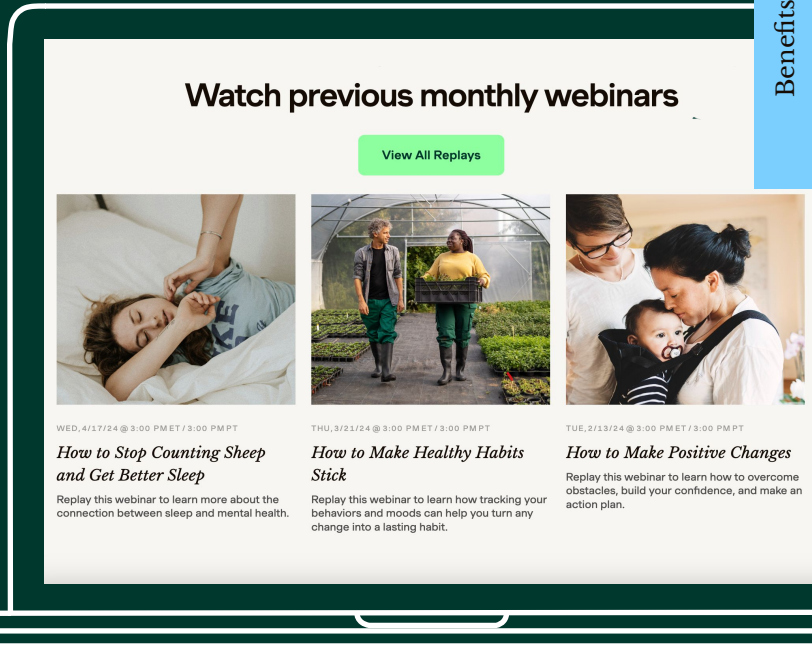
Listen

Learn

Grow

Our **clinician-led webinars** provide education and insight on relatable mental health topics. You'll learn practical tips to navigate common challenges, improve your well-being, and support others.

Each session is 1 hour long, including live Q&A with the hosting clinician.



Scan to access our
recorded webinar library



WellSprings

Register at wellsprings.springhealth.com

Curiosity Connection Support

WellSprings small-group conversations are safe spaces to share your emotions and experiences openly with the support of others.


Each session is 45 minutes long and capped at 20 participants to allow for strong connection and conversation.

WellSprings
by Spring Health

Upcoming Sessions

Ac


Upcoming Sessions



Are current events impacting your mental health?
Let's come together to share feelings and support.

Next Session: Thu, 1/11 @ 4:00 PM ET/1:00 PM PT


[Register for an Upcoming Session](#)



Stress check: How are you managing?
Take a moment to check your stress levels.

Next Session: Tue, 1/16 @ 1:00 PM ET/10:00 AM PT




[Register for an Upcoming Session](#)



Are you struggling to process grief and loss?
You're not alone. Join us for a conversation to connect with one another and feel supported.

Next Session: Thu, 1/11 @ 12:00 PM ET/9:00 AM PT

[Register for an Upcoming Session](#)





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The Spring Health Experience

Will PharmaLogic know about my care?

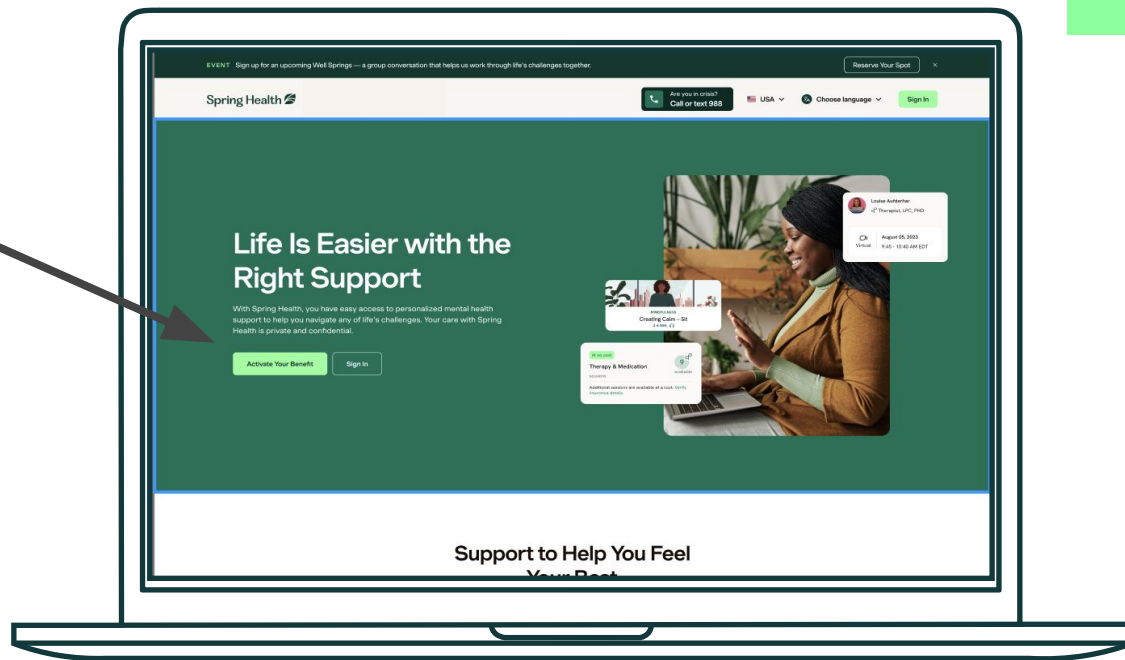
No.

Your care with Spring Health is private and confidential. No information will be shared with PharmaLogic without your written consent, except by court order or as provided by law.

Activating Your Account Online

Visit pharmalogic.springhealth.com

Click "Create My Account"



Activating Your Account Via App

Download the free Spring Health mobile app for support at your fingertips

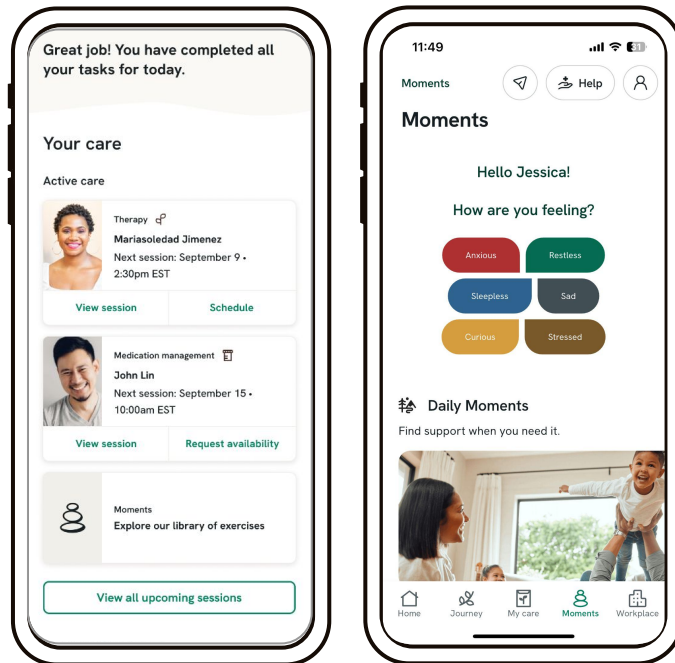
1. Scan the QR code or search **"Spring Health mobile"** in your app store to download
2. Follow the sign-up prompts and take the assessment
3. Browse providers, book or reschedule appointments, get confidential support, and track your well-being goals right from your phone



Apple App Store

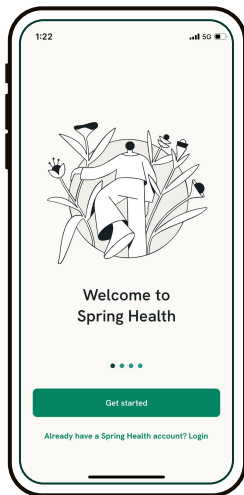


Google Play



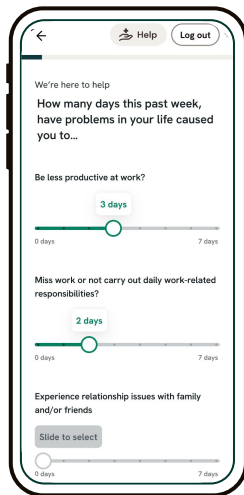
Getting Started

Only 4 steps to start feeling your best



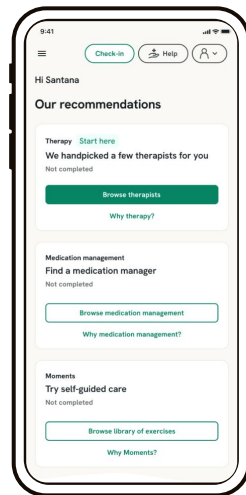
Registration

Activate your account by verifying your eligibility.



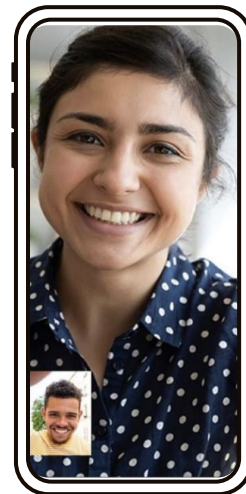
Screening

Take a short assessment to identify your needs and goals.



Matching

Receive your care plan and provider recommendations.



Access

Access support and resources through your account.

Setting Up Your Account

We found your benefit

Now create your account. It will only take a moment.

Your legal first name

Your legal last name

Date of birth

MM DD YYYY

Email

Salemshabazz@getblue.com

This can be any email you'd like. All communications will be sent here.

Password

6 characters minimum

Create my account

Verify eligibility

Enter your PharmaLogic email, and click "Find my benefit." Enter your name, date of birth, preferred email address, and a password.

Account created

Success! You officially have a Spring Health account. Is this the best contact information for you?

Address

224 NE Wagon Street

City

Portland

State/province

Zip/postal code

Oregon 97211

Phone number

555-555-5555

Confirm

Create account

Enter your address and phone number.

Invite your dependent

Dependents 18+ can be included in your Spring Health plan at no additional cost.

Dependent first name

Dependent last name

Dependent date of birth

MM DD YYYY

Dependent city of residence

New York City

State/province

NY

Send invite

Invite a dependent

Add household dependents information to invite them to Spring Health via email.

Setting Up a Child Account

Families have a safe, streamlined approach to manage care for children and teens*

Invite your loved ones
Invite a spouse/partner or other dependents of your household at no additional cost.

- ✓ 3 free sessions each
- ✓ Personalized care for everyone
- ✓ Flexible appointment times

Invite adult
18 years and older
Separate account

Add child
17 years and under
Managed account

[Skip for now](#)

**Set up account for child
age 0-17**

Add child
Children under 18 years of age cannot independently register for Spring Health. A parent or guardian must manage their account.

Dependent first name
First name

Dependent last name
Last name

Dependent date of birth *
Month Year

Dependent address
123 Street Avenue

Dependent city/town
New York

Dependent state/province
New York

Dependent ZIP / postal code
10011

Country
US

Wrong country? Contact support after signing up by using the links at the bottom of the page and we'll confirm your care plan.

Dependent email

We'll send communications to this email and your email. [What does an email?](#)

Dependent password

Add managed account

Add child's information

Select account
Get personalized care for each family member.

Schedule a follow-up
Henry
Guardian

Scheduling changes
Joe
Child - 17 years

Book appointment
Francisco
Child - 12 years

Schedule appointment
Antonio
Child - 9 years

Add member

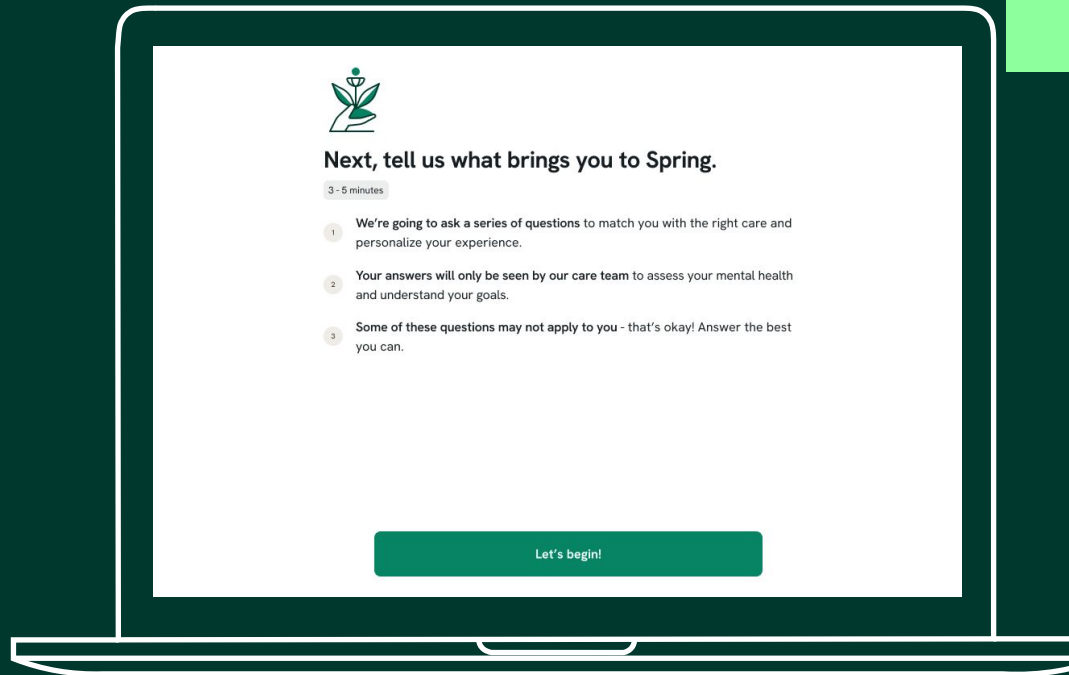
**Easily manage care for yourself
and your family**

How We Personalize Your Care

Completing a short, confidential **mental well-being assessment** unlocks precise care recommendations designed to help you feel your best.

The assessment screens for:

- Depression
- Anxiety
- ADHD
- PTSD
- Suicide risk
- Bipolar disorder
- Eating disorders
- Alcohol and substance use disorders
- Other common conditions

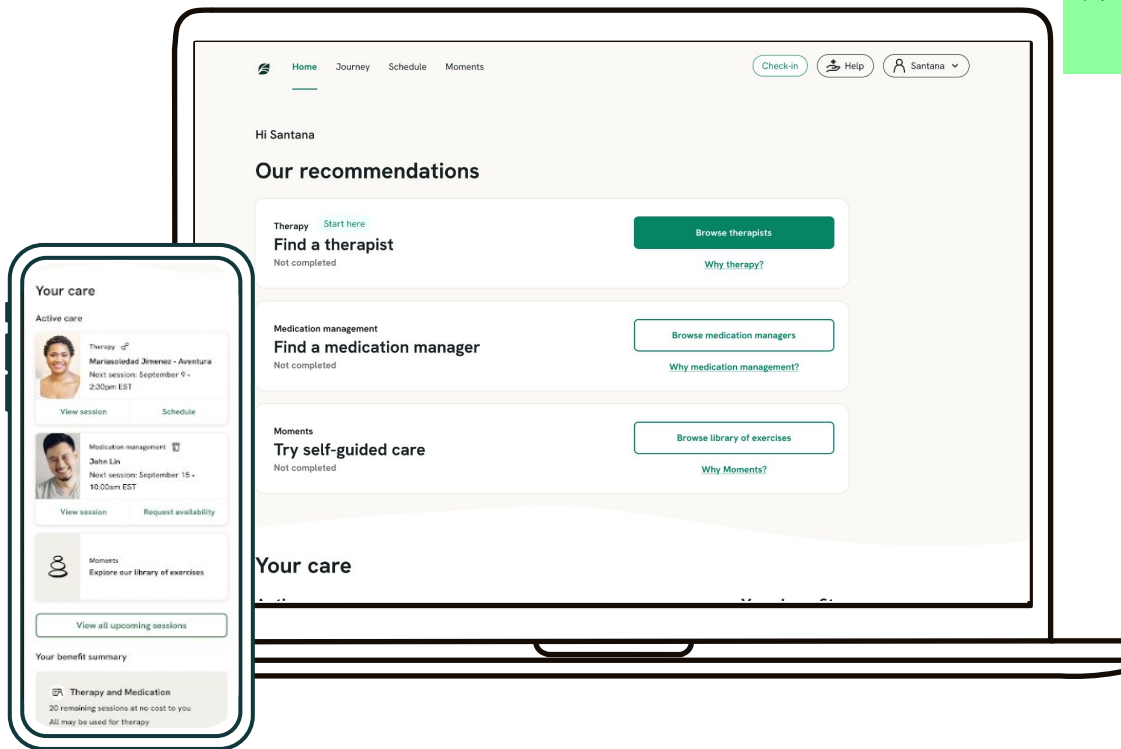


Your Personalized Care Plan

After you complete your assessment, you'll get a **personalized care plan** designed to address your immediate needs and long-term goals.

What to know:

- Your assessment results and the goals you identify will inform your care recommendations
- Your plan may include a variety of tools available to you, such as Moments, therapy, and other care options



Your Provider Recommendations

Finding the right therapist can be difficult with so many options to choose from.

We eliminate the guesswork and **recommend your top therapists** based on compatibility and quality.

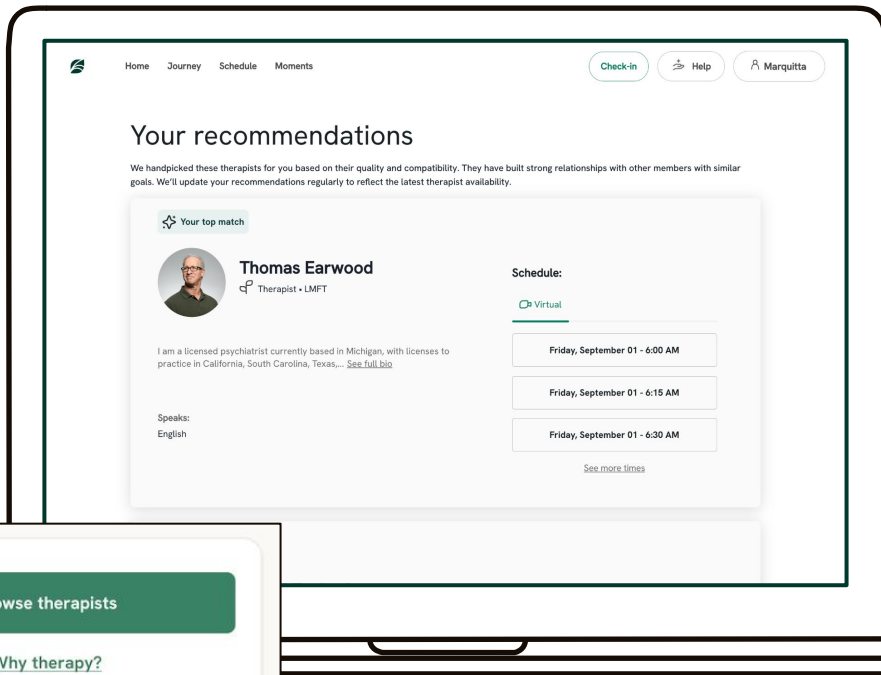
Therapy [Start here](#)

We handpicked a few therapists for you

Not completed

[Browse therapists](#)

[Why therapy?](#)



Finding the Right Provider

Browse other providers who are available to support your unique needs and preferences

Filter by availability:

- Virtual
- In-person
- Time/day of week

Filter by condition:

- ADHD
- Depression
- Eating disorders
- Generalized anxiety
- OCD
- Phobias
- Trauma

Filter by language:

- Arabic
- Chinese
- English
- Portuguese
- Spanish

Filter by specialty:

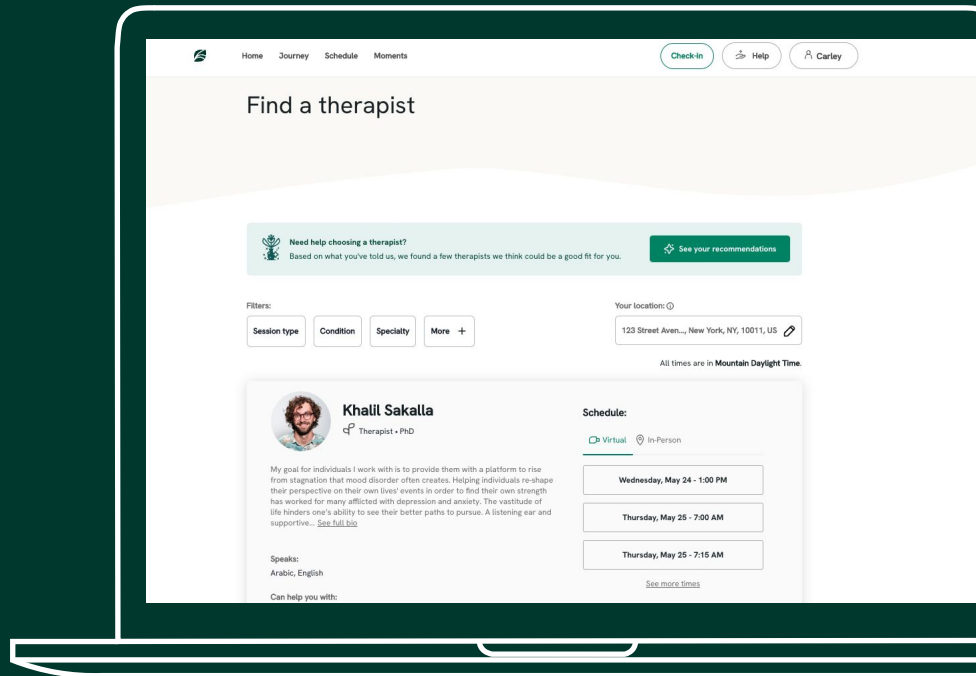
- Adults
- Children/adolescents
- Couples
- Faith-based
- LGBTQIA+ identity
- Military/Veterans
- Racial identity

Filter by gender:

- Woman
- Man
- Non-binary

Filter by ethnicity:

- American Indian or Alaska Native
- Asian
- Black or African American
- Hispanic or Latino
- White

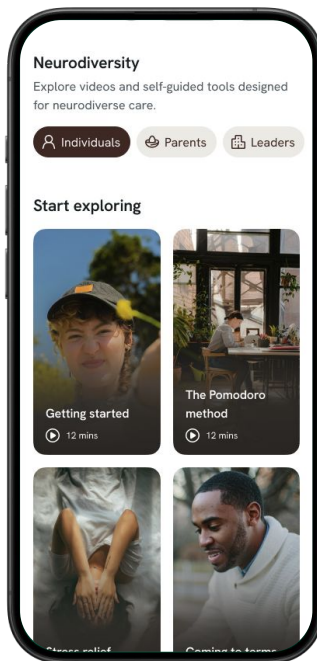


Neurodiversity Support for Work and Home

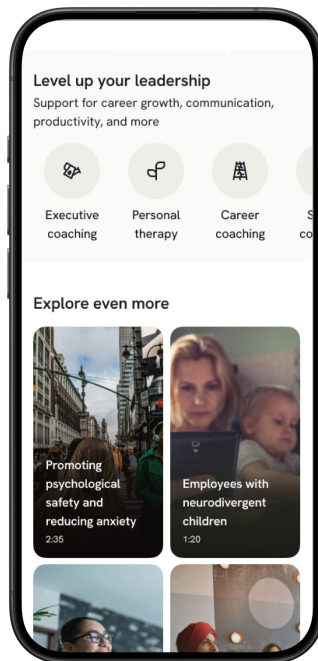
Support how you think, work, and thrive — no diagnosis needed.

- Personalized care for ADHD, ASD, executive functioning, and more
- 130+ self-guided videos for productivity, emotional wellbeing, and coping skills
- All-in-one hub with tools and resources tailored to you

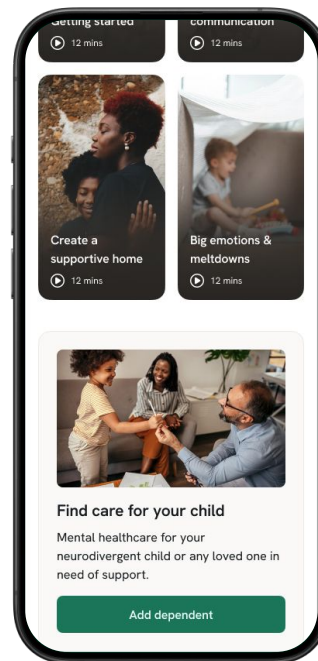
For Individuals



For Managers



For Parents



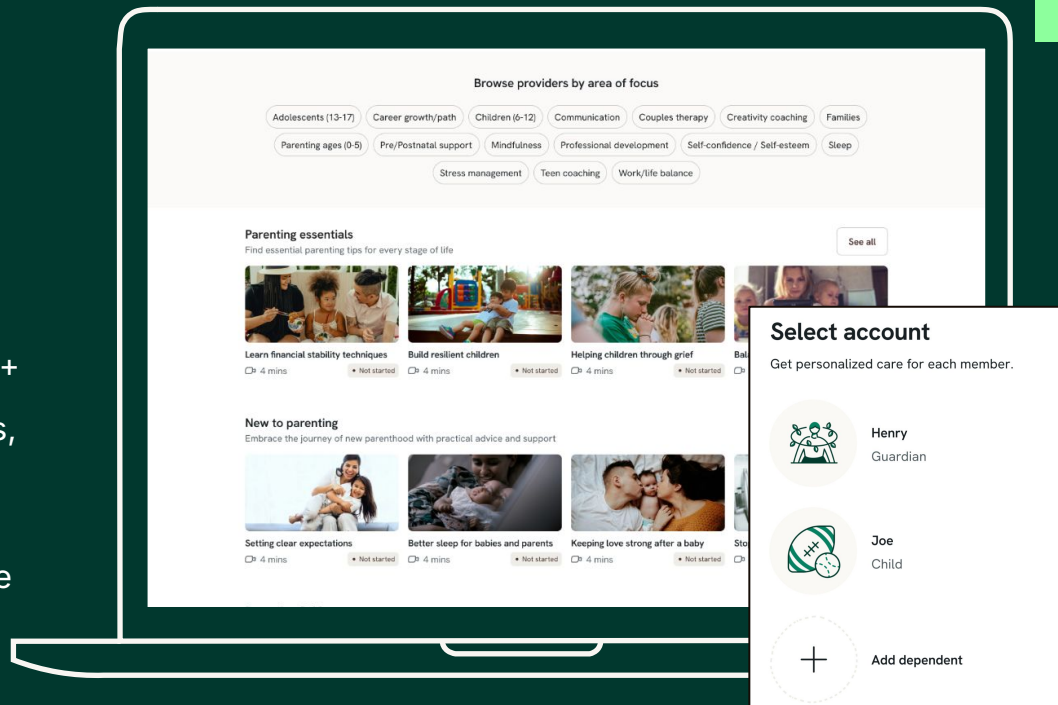
Finding Support for Your Family

Easy care management and scheduling

- Easily create and manage care for children and teens (age 17 and younger)
- Get care for the family within a day or less

Tailored care for all family members

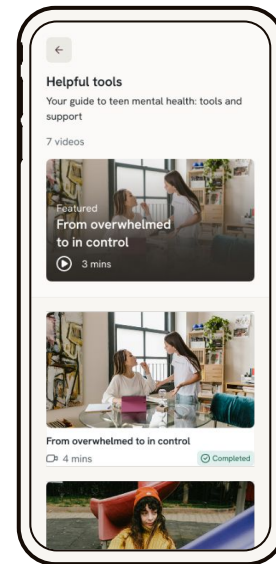
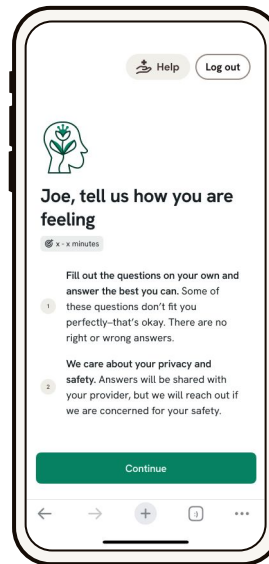
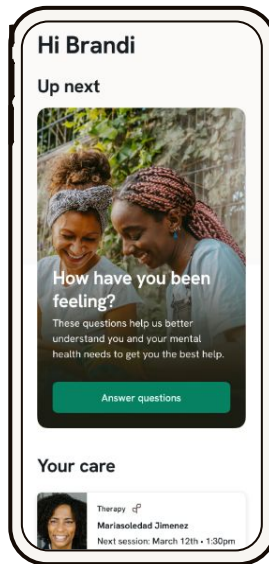
- Directly schedule care for dependents age 6+
- On-demand content made for children, teens, parents or caregivers, and eldercare
- One-stop hub within the platform where personalized care and content is in one place



Tailored Experience for Teenagers

Teenagers have access to a **unique, mobile-first designed experience** to empower them to take care of their mental health.

- Teens may manage their account independently and/or with support from parents or caregivers
- They can schedule care and access Moments exercises and educational content on demand
- Results from the teen-specific assessment will inform their care recommendations





3

Support

Accessing Care in Your Language

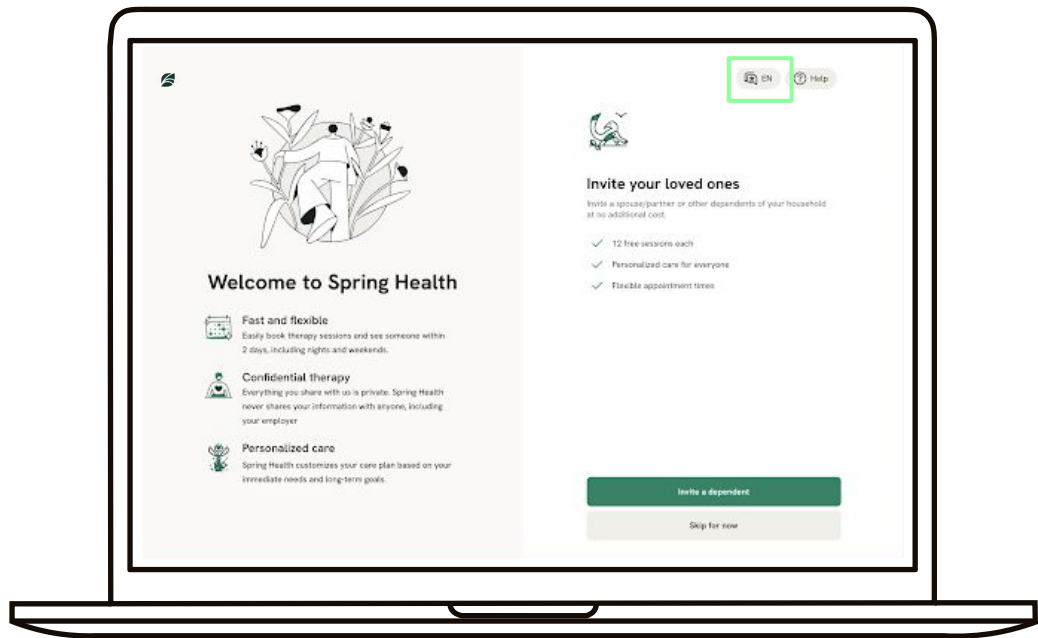
Select your preferred language for care and communications

Language Selection

Update the language shown in your Spring Health account and care emails at sign-up or anytime from your homepage

Care Team Support

Call **1-855-629-0554** and press 1 for general support in Spanish



Secure, direct messaging

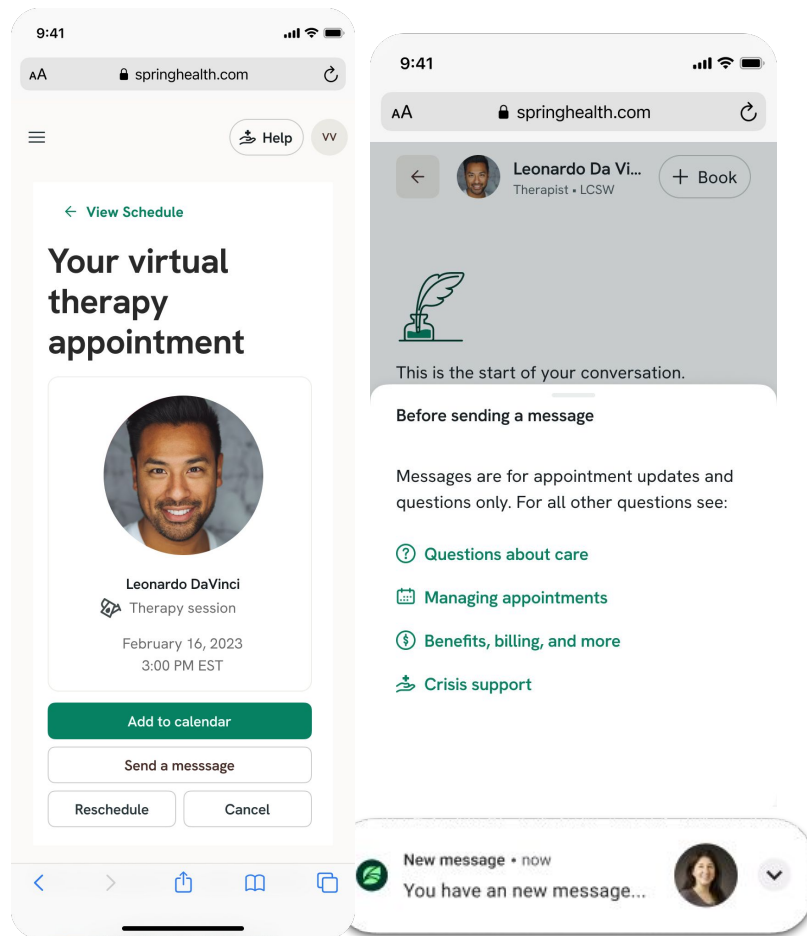
Members can easily chat with providers between sessions to keep their care on course and make appointment adjustments, all within the Spring Health platform.

Upcoming appointment
I'm running late

Upcoming appointment
I have connection issues

Scheduling
I want to ask about availability

Other
Something else



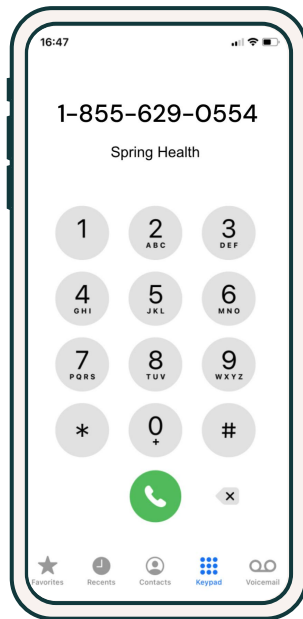
24/7 Crisis Support

Compassionate, confidential support when it's needed most

Spring Health offers **crisis support** to help you through moments when you feel like you need to speak with someone right away.

Crisis support is available **24/7**, whenever you need immediate assistance — life-threatening or not.

You don't need to activate or log in to your Spring Health account. A licensed clinician will answer your call within 60 seconds.



Spring Health Crisis Support

Call **1-855-629-0554** and press 2

Available 24/7 at no cost

In an emergency situation, call 911.

*Call or text 988 to reach the
Suicide and Crisis Lifeline.*



Questions?

Contact the Spring Health Care Team

Visit: springhealth.com/support

Call: **1-855-629-0554**

Press 3 for general support in English

Press 1 for general support in Spanish

(Monday-Friday, 8:00am-11:00pm ET)

Start your mental health journey at
pharmalogic.springhealth.com



*Scan to activate
your account*

Thank You

Spring Health 