



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

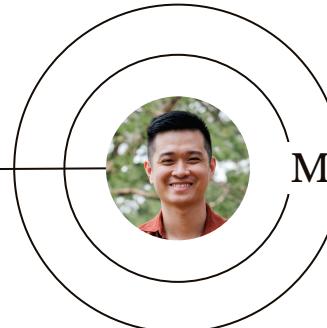
Resources and expert consultations are free. Specialized services or referrals may be subject to fees.

Care Guidance and Support

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



Spring Health
Care Navigator
(Licensed Clinician)



Member

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%

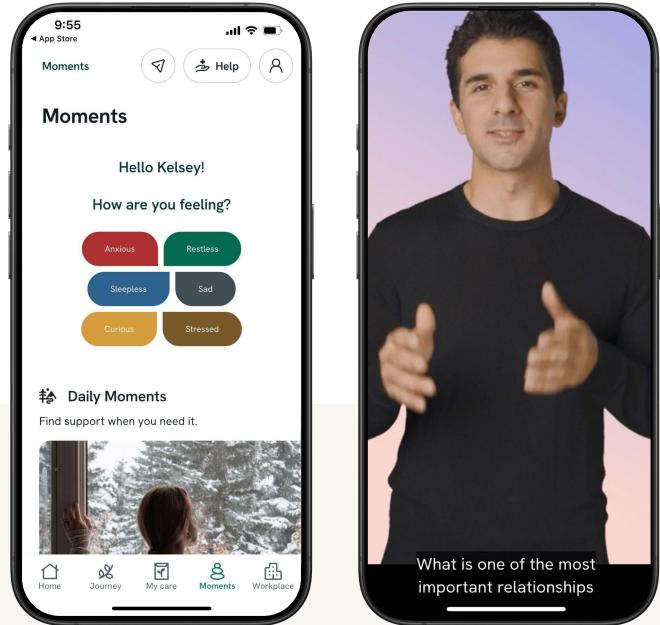
Report reduction in anxiety symptoms

40%

Report reduction in eating disorder symptoms

30%

Report immediate symptom reduction across conditions

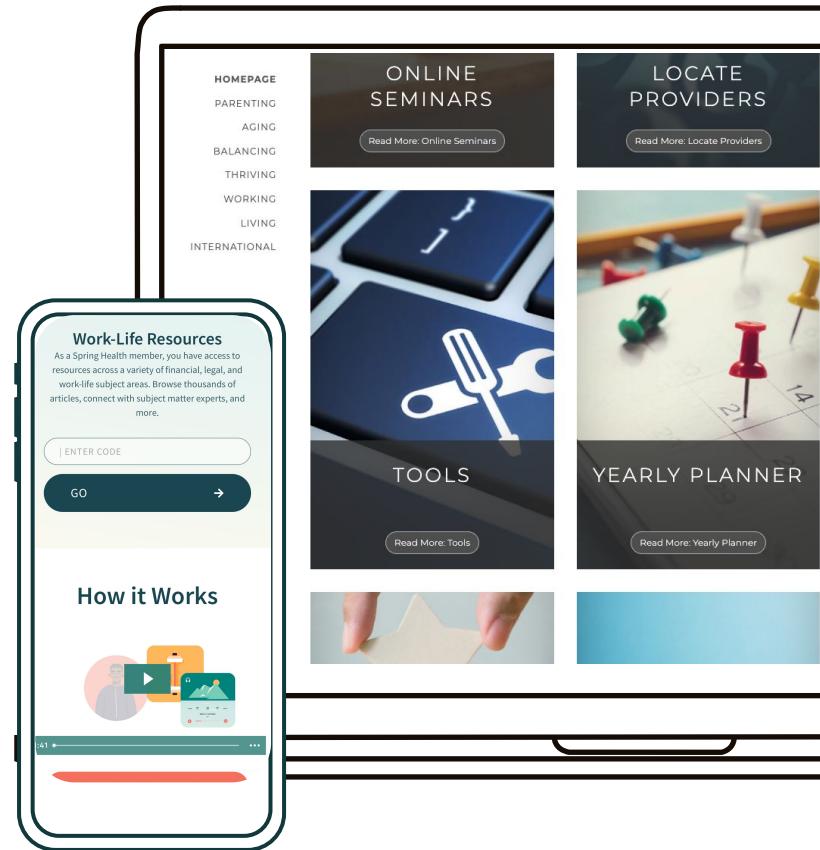


Work-Life Resources

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.

Benefits

Watch previous monthly webinars

[View All Replays](#)



WED, 4/17/24 @ 3:00 PM ET / 3:00 PM PT

How to Stop Counting Sheep and Get Better Sleep

Replay this webinar to learn more about the connection between sleep and mental health.



THU, 3/21/24 @ 3:00 PM ET / 3:00 PM PT

How to Make Healthy Habits Stick

Replay this webinar to learn how tracking your behaviors and moods can help you turn any change into a lasting habit.



TUE, 2/13/24 @ 3:00 PM ET / 3:00 PM PT

How to Make Positive Changes

Replay this webinar to learn how to overcome obstacles, build your confidence, and make an action plan.

Scan to access our recorded webinar library



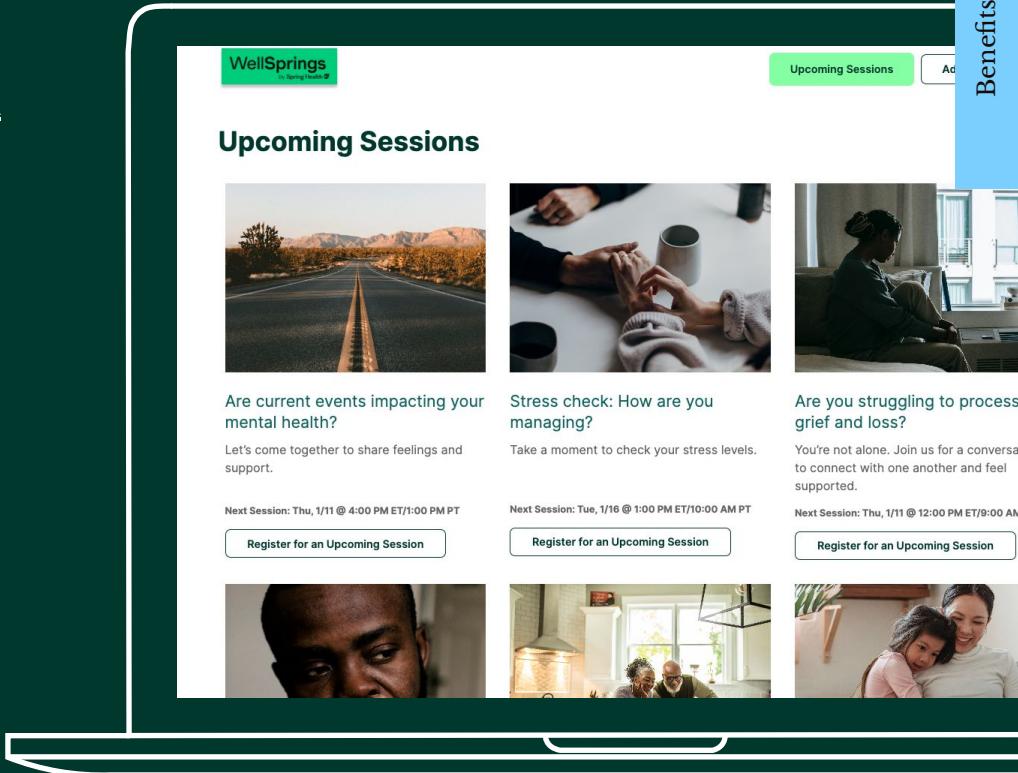
WellSprings

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.



The image shows a mobile phone displaying the WellSprings website. The header features the WellSprings logo and a green 'Upcoming Sessions' button. The main content area is titled 'Upcoming Sessions' and includes three images: a road through a desert landscape, two people holding hands over a table, and a person sitting on a bed. Below each image is a question and a registration button. The questions are: 'Are current events impacting your mental health?', 'Stress check: How are you managing?', and 'Are you struggling to process grief and loss?'. The registration buttons are labeled 'Register for an Upcoming Session'. The phone is set against a dark background.



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The Spring Health Experience

Will PharmaLogic know about my care?

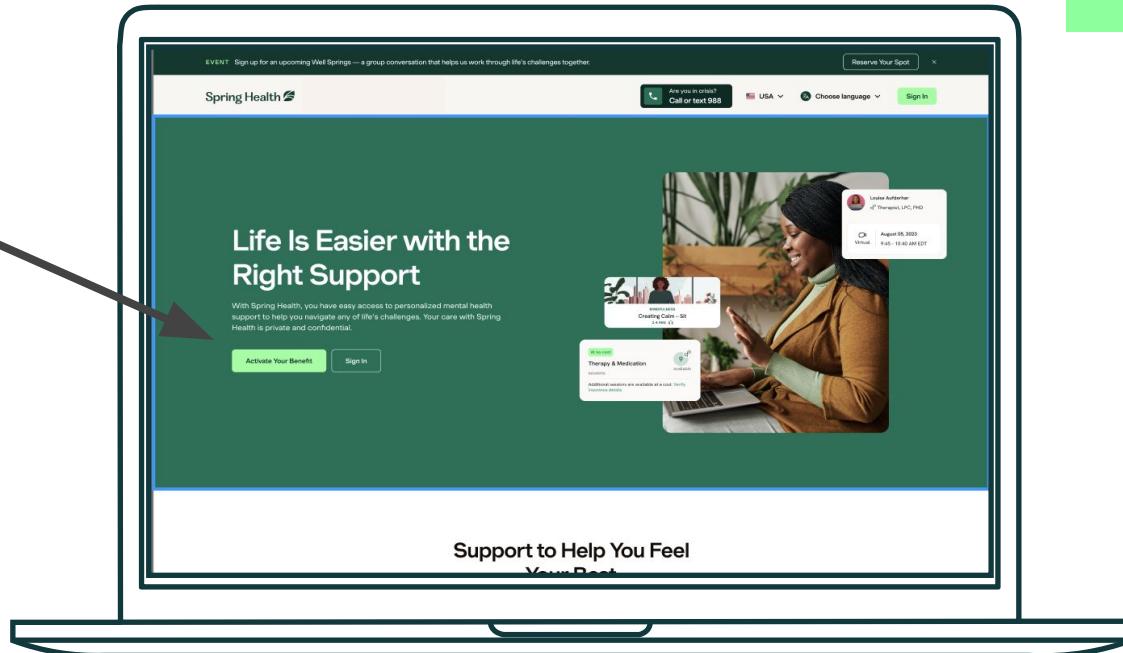
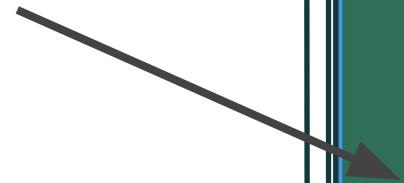
No.

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

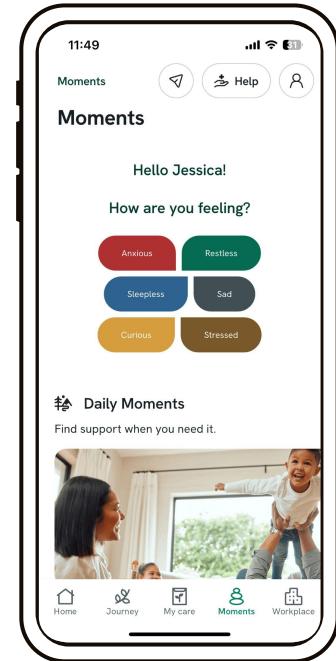
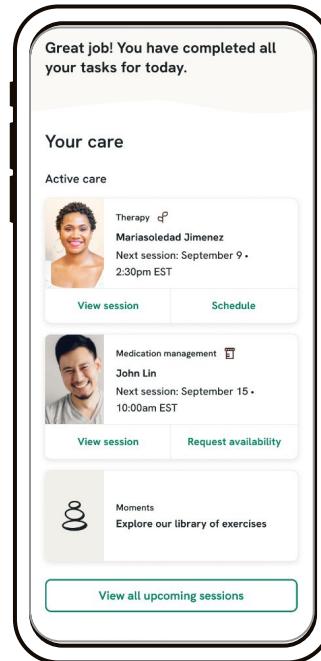
1. Scan the QR code or search “**Spring Health mobile**” in your app store to download
2. Follow the sign-up prompts and take the assessment
3. Browse providers, book or reschedule appointments, get confidential support, and track your well-being goals right from your phone



Apple App Store

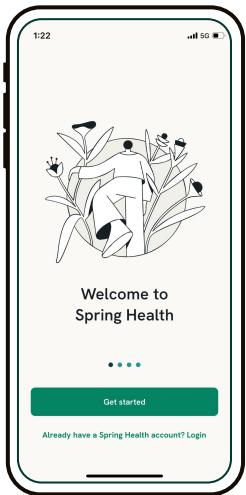


Google Play



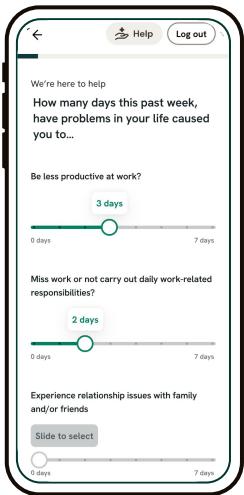
Getting Started

Only 4 steps to start feeling your best



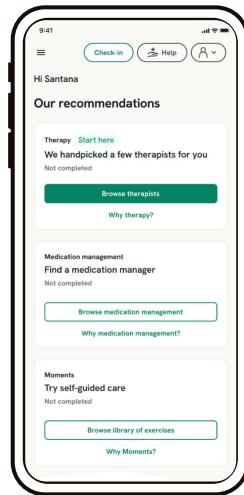
Registration

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



Welcome to Spring Health

Fast and flexible
Book therapy sessions and see someone within 2 days, including nights and weekends.

Confidential therapy
Everything you share with us is private. Spring Health never shares your information with anyone, including your employer.

Personalized care
Spring Health customizes your care plan based on your immediate needs and long-term goals.

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 SalesHealth@OptiCare.com

This can be any email you'd like. All communications will be sent to this address.

Password 8 characters minimum



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Book therapy sessions and see someone within 2 days, including nights and weekends.

Confidential therapy
Everything you share with us is private. Spring Health never shares your information with anyone, including your employer.

Personalized care
Spring Health customizes your care plan based on your immediate needs and long-term goals.

Account created

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

Address 204 NE Wyman Street

City Portland

State/province Oregon Zip/postal code 97211

Phone number USA 666-555-6666



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

Add a dependent for free

Free to use
Get as many therapy sessions a year for each of your dependents with their choice of therapist.

Fast and flexible
Book therapy sessions and see someone within 2 days, including nights and weekends.

Personalized care
Customized care for your dependents based on their immediate needs and long-term goals.

Verify eligibility

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

Create account

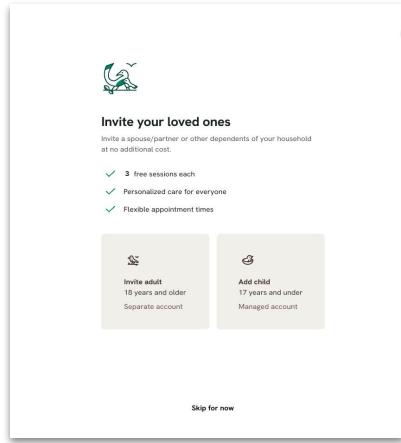
Enter your address and phone number.

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*



**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:

Dependent last name:

Dependent date of birth: Month: Day: Year:

Dependent address: 123 Street Avenue

Dependent city of residence: New York

Dependent state/province: New York

Dependent ZIP / postal code: 10011

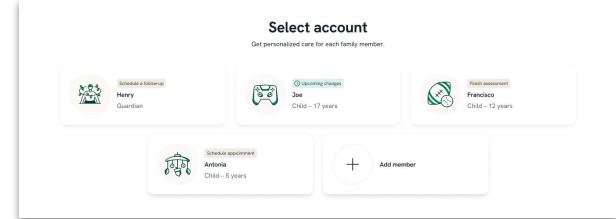
Dependent country:

Dependent email: [Don't have an email?](#)

Dependent password:

Add managed account

Add child's information



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

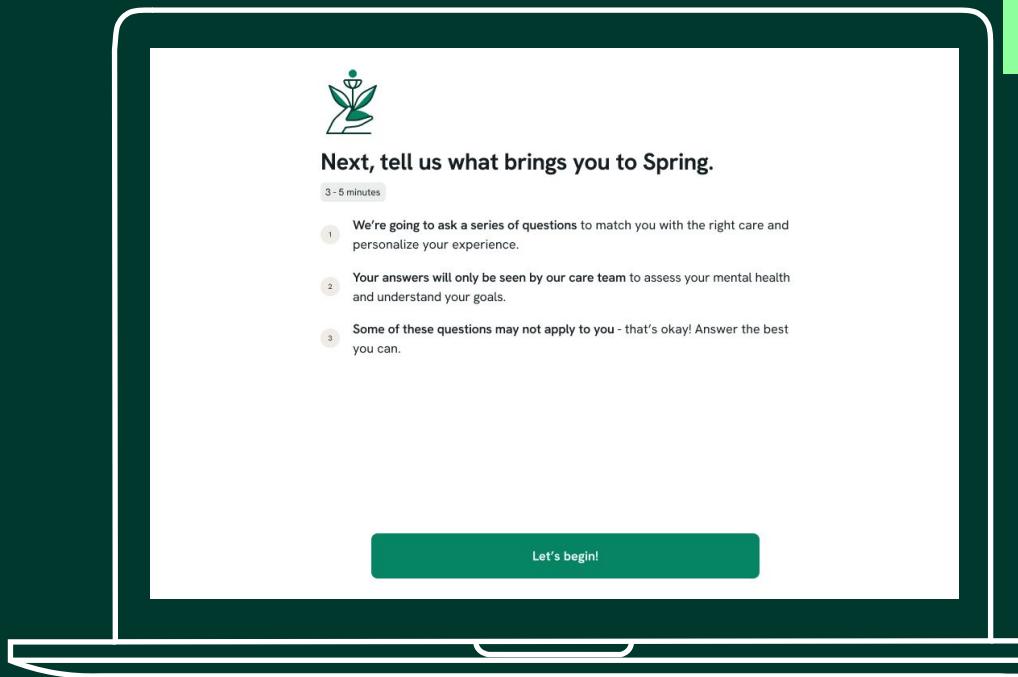
*For children 0-5 years old, parents can connect with their Care Navigator for specialized support.

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



Experience

Next, tell us what brings you to Spring.

3-5 minutes

- 1 We're going to ask a series of questions to match you with the right care and personalize your experience.
- 2 Your answers will only be seen by our care team to assess your mental health and understand your goals.
- 3 Some of these questions may not apply to you - that's okay! Answer the best you can.

Let's begin!

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

The image displays a composite view of a mobile application and a web-based dashboard, both branded with the 'Spring Health' logo.

Smartphone Screen (Left):

- Your care** section:
 - Active care**: Shows a therapy session with Marisolad Jimenez - Aventura, next session: September 9, 2:30pm EST. Buttons: [View session](#), [Schedule](#).
 - Medication management**: Shows a medication management session with John Lin, next session: September 15, 10:00am EST. Buttons: [View session](#), [Request availability](#).
 - Moments**: Shows an option to "Explore our library of exercises". Button: [View all upcoming sessions](#).
- Your benefit summary**: Shows a therapy and medication benefit with 20 remaining sessions at no cost to you. All may be used for therapy.

Laptop Screen (Right):

- Hi Santana** (User Greeting)
- Our recommendations** (Section Header)
- Therapy Start here**: **Find a therapist** (Status: Not completed). Buttons: [Browse therapists](#), [Why therapy?](#)
- Medication management**: **Find a medication manager** (Status: Not completed). Buttons: [Browse medication managers](#), [Why medication management?](#)
- Moments**: **Try self-guided care** (Status: Not completed). Buttons: [Browse library of exercises](#), [Why Moments?](#)

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.

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

Find a therapist

Need help choosing a therapist?
Based on what you've told us, we found a few therapists we think could be a good fit for you.

See your recommendations

Filters: Session type, Condition, Specialty, More +

Your location: 123 Street Avenue, New York, NY, 10011, US

All times are in Mountain Daylight Time.

Khalil Sakalla
counselor Therapist • PhD

My goal for individuals I work with is to provide them with a platform to rise from stagnation that mood disorder often creates. Helping individuals re-shape their perspectives on their own lives, even in order to find their own strength has worked for many afflicted with depression and anxiety. The vastitude of life hinders one's ability to see their better paths to pursue. A listening ear and supportive. [See full bio](#)

Speaks: Arabic, English

Can help you with:

Schedule:

Wednesday, May 24 - 1:00 PM

Thursday, May 25 - 7:00 AM

Thursday, May 25 - 7:15 AM

See more times

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

The image displays three mobile phone screens side-by-side, each representing a different user role within the Neurodiversity Support app. The background is white, and the phones are black.

- For Individuals:** The screen shows a "Neurodiversity" section with a sub-section "Start exploring". It features four video thumbnails: "Getting started" (12 mins), "The Pomodoro method" (12 mins), "Stress relief" (12 mins), and "Coming to terms" (12 mins). At the top, there are three buttons: "Individuals" (selected), "Parents", and "Leaders".
- For Managers:** The screen shows a "Level up your leadership" section with a sub-section "Explore even more". It features two video thumbnails: "Promoting psychological safety and reducing anxiety" (2:35) and "Employees with neurodivergent children" (1:20). At the top, there are three circular icons: "Executive coaching", "Personal therapy", and "Career coaching".
- For Parents:** The screen shows a "Create a supportive home" section with a sub-section "Find care for your child". It features two video thumbnails: "Big emotions & meltdowns" (12 mins) and "Mental healthcare for your neurodivergent child or any loved one in need of support" (12 mins). At the bottom, there is a green button labeled "Add dependent".

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

Browse providers by area of focus

- Adolescents (13-17)
- Career growth/path
- Children (6-12)
- Communication
- Couples therapy
- Creativity coaching
- Families
- Parenting ages (0-5)
- Pre/Postnatal support
- Mindfulness
- Professional development
- Self-confidence / Self-esteem
- Sleep
- Stress management
- Teen coaching
- Work/life balance

See all

Parenting essentials
Find essential parenting tips for every stage of life

- Learn financial stability techniques
- Build resilient children
- Helping children through grief

New to parenting
Embrace the journey of new parenthood with practical advice and support

- Setting clear expectations
- Better sleep for babies and parents
- Keeping love strong after a baby

Select account

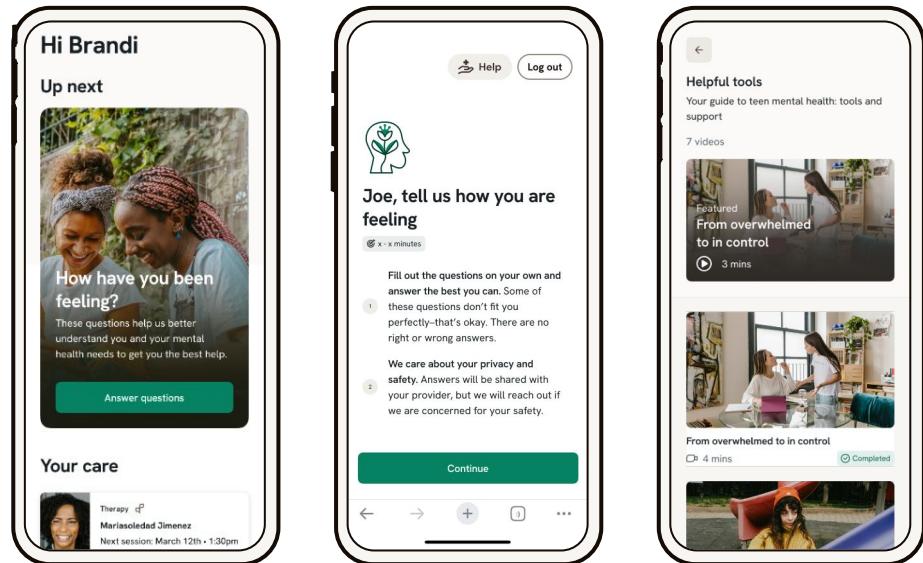
Get personalized care for each member.

- Henry
Guardian
- Joe
Child
- Add dependent

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

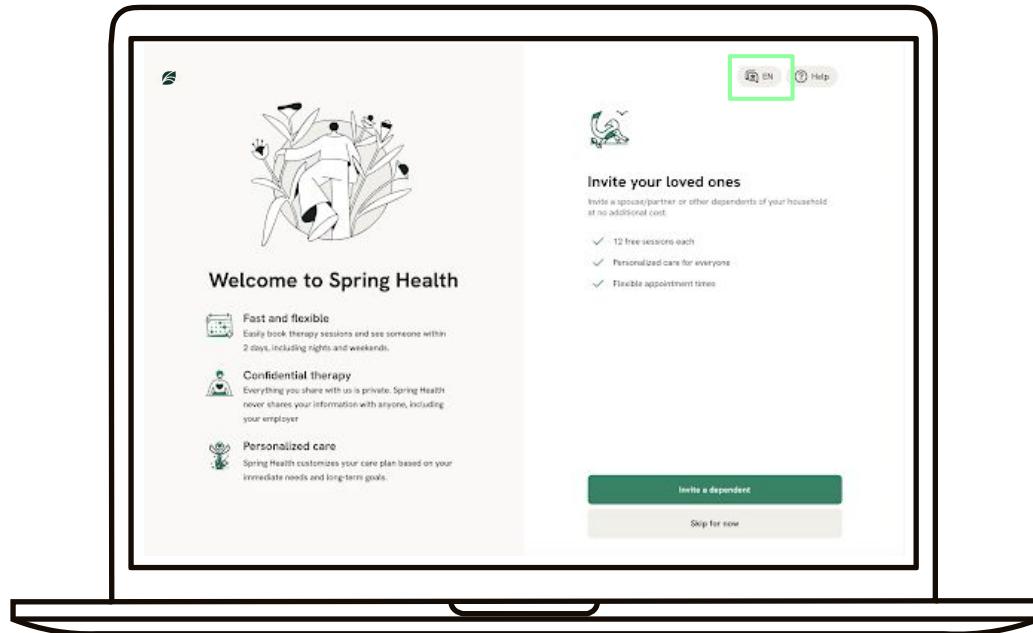
Select your preferred language for care and communications

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

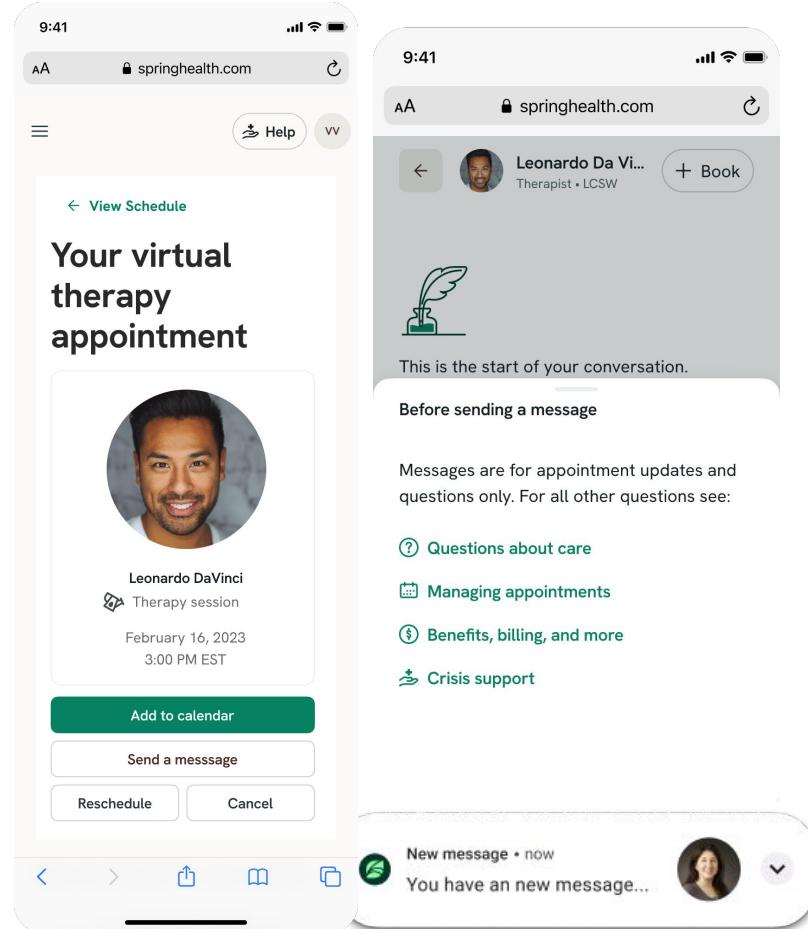
Members can easily chat with providers between sessions to keep their care on course and make appointment adjustments, all within the Spring Health platform.

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 