

Family Care with Spring Health

Spring Health offers convenient, quality care that serves families at all stages

The Need For Family Mental Health

Long wait times, high costs, and a complex landscape make finding the right care an isolating and stressful experience for parents.

- **71%** of working parents reported that concerns about their child's mental wellbeing made work more difficult.¹
- **53%** of working parents reported missing at least one day of work each month to tend to their child's needs.²

Why Spring Health?

A single place for interconnected, whole family care delivery

Spring Health offers whole family support, including fast access to specialized providers, appointment scheduling, care management, self-serve tools, and dedicated human guidance from a clinical Care Navigator.



7.5 weeks

The average wait time for a pediatric therapy appointment in the US.³

2 days

With Spring Health, parents can get an appointment for their child **within a few days.**

¹ [Child Mind Institute](#)

² [VeryWell Mind](#)

³ [AACAP](#)

With Spring Health, families can access:

Care for the whole family

Our integrated Care Team-inclusive of coaches, Care Navigators, providers, and support staff- work together to meet mental health needs across a broad spectrum of ages and needs.

Quality provider network

Our diverse provider network includes therapists, psychiatric nurse practitioners, and physicians, who together provide comprehensive mental healthcare for members age 6 and above.

Family Navigation

Every family has a dedicated, clinically-licensed Family Navigator to offer emotional support, make recommendations and referrals, and provide guidance across a range of topics, like talking to your child about therapy.

Family Care Dashboard

Employees have a single view tailored for parents to easily manage and view care, use on-demand parenting wellness exercises, and create accounts for family members 17 years old and younger.

Fast appointments

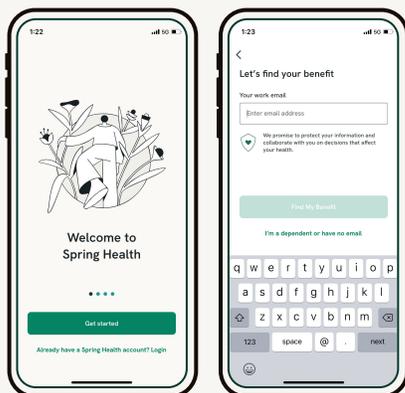
Employees can set up an account for themselves and any family member of all ages, schedule a therapy appointment (for ages 6+), and meet with a therapist within two days.

Parent coaching & support

Employees can receive unbiased, evidence-based guidance on parenting best practices. They'll work with a credentialed coach on a breadth of topics like improving parent-child communication, identity support, and behavioral concerns.

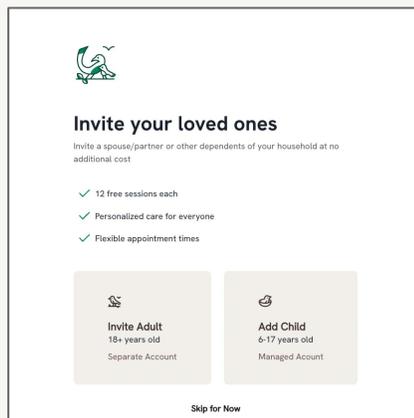
How it works

Create an account



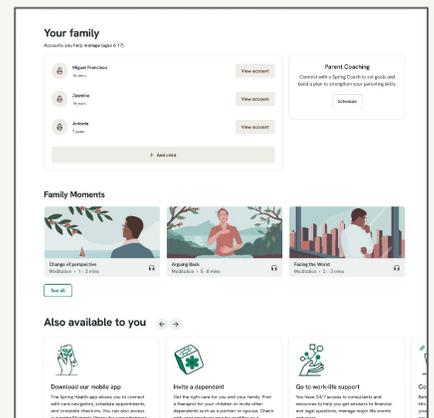
Members first create a parent account before creating a child account

Add a family member



Then, members can add an account for a child 17 years old and younger or invite another family member 18+ to sign up

Schedule and manage care



Members can browse recommended providers, schedule and manager care, use Family Navigation, explore Moments, and more

Take a Moment with on-demand family wellbeing support

Moments with Spring Health includes a curated library of family exercises that provides support through all parts of family life, from day-to-day situations to big family events.

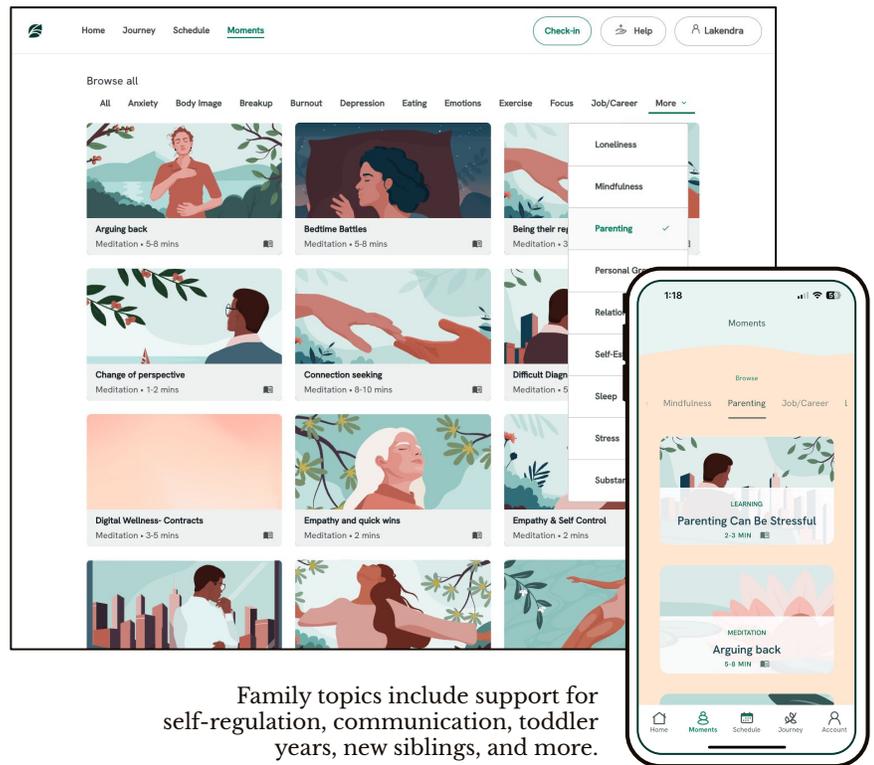
Family Moments exercises are evidence-based learnings that offer tips and strategies that parents can build upon.

Convenient, on-the-go digital exercises

Members can use Moments exercises at any time on their own through the mobile app or on web, available in English and Spanish.

Comprehensive, integrated wellness support

The growing library of 150+ exercises makes it easy to find the right wellness exercise that fits each individual's immediate need.



Family topics include support for self-regulation, communication, toddler years, new siblings, and more.



87%

Report improvements in anxiety symptoms

40%

Report immediate reduction in symptoms

Learn more

Family care is just one part of Spring Health's full spectrum of mental healthcare.

smpcorp.springhealth.com