



# Mental Health

Modernize your behavioral health benefits and deliver world class outcomes through Virgin Pulse and Spring Health. Spring Health combines clinically proven technology with high touch care navigation providing members with expert recommendations, referrals and emotional support.

## Filling the gaps in mental health treatment

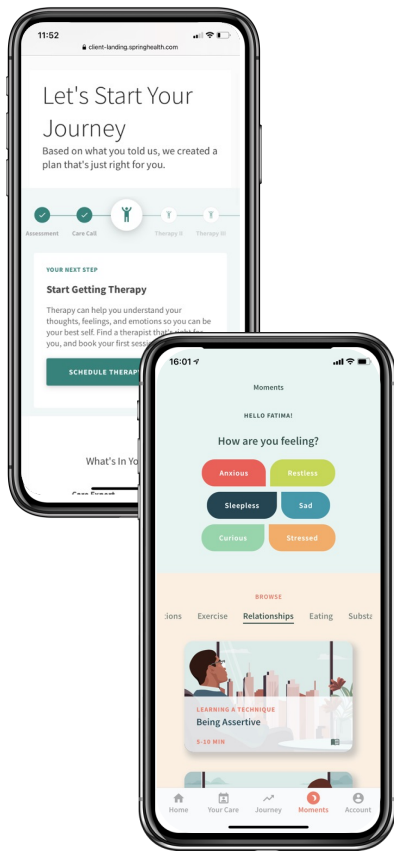
Seamlessly integrated through the Virgin Pulse platform, Spring Health's proprietary technology creates personalized treatment plans to connect members with the appropriate mental health treatment options spanning digital cognitive behavioral therapy and coaching, to therapy and medication management.

## How Spring Health works

Members first complete a precision mental healthcare assessment. They then receive their personalized care plan and map out that journey with a dedicated Care Navigator. With the solution, members gain access to expert providers, digital CBT, medication management, and more!

## Seamless Implementation

Complete suite of marketing tools for frictionless deployment and smooth onboarding experience. Drive and sustain engagement with dedicated company challenges, community feed, and webinars. Monthly data reporting is available to help track user engagement.



10x

Engagement level of standard EAP programs – 30% vs 3%

1.1

Days to see a Spring Health provider

8

Weeks faster recovery than traditional care