

# Fast, Easy Mental Health Support

Now available through a partnership with St. Luke's Health Plan, members and their families can easily book therapy in real time with trusted, in-network providers.

**Enrolled members get:**

- Virtual and in-person therapy
- Virtual medication management
- On-demand wellness tools for quick relief
- Scheduled mental health check-ins
- Content hubs for neurodiversity and family care

**Fast access to care that's proven to work:**

- Appointments in 1.4 days on average
- 92% report clinical improvement
- 9.4/10 provider satisfaction rate



Providers speak 100+ languages, represent diverse backgrounds (47% are black, indigenous, or people of color), and treat over 50 conditions including trauma, anxiety, and ADHD.



## Affordable Help, Instantly Accessible

Spring Health offers high-quality mental health care that's fast, affordable, and covered by St. Luke's.

**Promote this benefit within your team and join us in eliminating all barriers to mental healthcare.**

Learn more at:  
[springhealth.com/connect](https://springhealth.com/connect)