

# The right mental health care starts right here.



Simple and easy access to care is what **Mental Well-Being powered by Spring Health** is all about. This program can help you get the right care, right when you need it.

## Mental Well-Being gives you the support you want:



### Personalized care

Take a quick digital assessment and you'll get a personalized care plan matched to your needs.



### Fast access

Whether it's therapy or psychiatry, you'll typically see an in-network provider, within three days or less.\* Treatment is available for those covered on your health plan ages 6 and up.



### Provider visits

Book therapy and medication management appointments in real time. Plus, you'll have a diverse network of providers to choose from.



### Care Navigators

They act as a guide and are available as often or as little as you want. From referrals to support, your dedicated Care Navigator is there when you need help.



### Certified coaches

Build better habits, navigate life transitions, and improve communication skills with help from a coach. They can help you set and achieve goals, too.



### Digital exercises

Develop long-term skills or get immediate relief with on-demand exercises. There are over 150 options to choose from and available whenever you want.



Because Life.™

**Download** the My Highmark app from your phone's app store or visit [MyHighmark.page.link/MentalWellBeing](https://MyHighmark.page.link/MentalWellBeing) today.

**Already have an online account?** You can log in using your existing Highmark username and password.

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**If you need help getting started, please call the phone number on the back of your member ID card.**

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Because Life.™

\*Based on Spring Health's average provider availability.

Mental Well-Being is offered by your health plan and powered by Spring Health. Spring Health is an independent company that provides mental health care services through its agents. Spring Health does not provide Blue Cross and/or Blue Shield products or services. Spring Health is solely responsible for their mental health care services.

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The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Tenemos servicios gratis de interpretación para responder cualquier pregunta que pueda tener sobre nuestro plan médico o de medicamentos. Para obtener un intérprete, simplemente llámenos al número que figura en la parte de atrás de su tarjeta de ID (TTY: 711). Alguien que hable español puede ayudarlo. Este servicio es gratis.

我们免费提供口译服务，为您解答有关我们健康计划或药物计划的任何疑问。如需口译服务，只需拨打您 ID 卡背面的电话号码（TTY：711）与我们联系即可。说中文的工作人员可为您提供帮助。此项服务免费。