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# Discover the Possibilities with a Provider Who's Right for You

Lack of diversity in mental health provider networks has been a long-standing barrier to care for many individuals. One of the biggest factors to success in a mental health journey is being able to relate to—and be comfortable with—a provider. **That's why Spring Health, your mental well-being benefit, has built one of the most diverse provider networks. Having diverse options allows you to quickly find a provider that's right for you.**



# The Most Diverse Provider Network in Mental Healthcare

At Spring Health, we're committed to constantly improving the diversity of our care network to ensure the best possible outcome for members of any background.

## Spring Health Care Network

### Care Navigation :

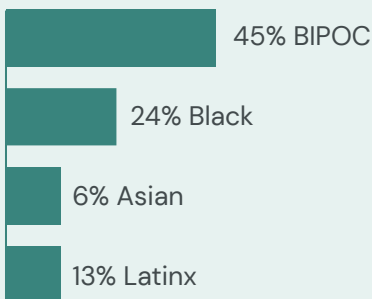
Our Care Navigators are all licensed clinicians who serve as the main point of contact at each step of a member's journey. Care Navigators are personal coaches and guides, ensuring each member is connected to the best possible care for their specific needs. Access to the Care Navigation team is free, unlimited, and available Monday through Friday, 8:00am – 11:00pm ET.

### Provider Network :

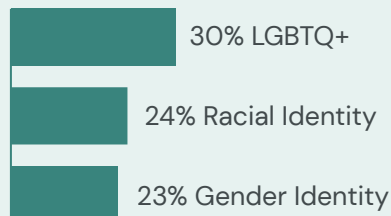
Our Provider Network is made up of licensed therapists, psychiatrists, and internists, many of whom operate their own private practices.

## Spring Health Providers by the Numbers

### Ethnicity among Spring Health Providers



### Specialties among Spring Health Providers



**8%** of Spring Health Providers speak Spanish

**15** unique racial groups represented

**34** languages spoken fluently



## Diversity of Specialties

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Our approach to diversity encompasses not only *who* the care provider is, but also *what* they do best. By keeping a pulse on our provider specialties, we're able to maintain a network that can best accommodate each patient. Spring Health's platform uses filters to ensure members can find the best possible provider for their needs.

### Conditions

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Anxiety  
Depression  
Postpartum depression  
Post-Traumatic Stress Disorder (PTSD)  
Attention-Deficit/Hyperactivity Disorder (ADHD)  
Obsessive-Compulsive Disorder (OCD)  
Substance & alcohol abuse  
Abuse (sexual, emotional, physical)  
Relationship issues  
Eating disorders  
Autism spectrum disorders  
Bipolar spectrum disorders

### Specialties

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LGBTQ+ identity  
Gender identity  
Racial identity  
Children  
Adolescents  
Faith-based  
Families  
Couples  
Military/Veterans

### Treatment Modalities

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12-Step Facilitation  
Accelerated Resolution Therapy (ART)  
Acceptance and Commitment Therapy (ACT)  
Client-Centered Therapy  
Cognitive Behavioral Therapy (CBT)  
Cognitive Behavioral Therapy for Insomnia (CBT-I)  
Cognitive Processing Therapy (CPT)  
Dialectic Behavioral Therapy (DBT)  
Emotion-Focused Therapy (EFT)  
Exposure & Response Prevention  
Eye-Movement Desensitization and Reprocessing (EMDR)

Internal Family Systems  
Interpersonal Therapy (IPT)  
Mindfulness-Based Therapies  
Motivational Interviewing  
Parent-Child Interaction Therapy (PCIT)  
Problem Solving Therapy (PST)  
Prolonged Exposure Therapy (PE)  
Psychodynamic Therapy  
SMART Recovery Facilitation  
Solution-Focused Therapy (SFT)  
Supportive Therapy  
Trauma-Focused CBT



## Maintaining Our Commitment to Diversity

Diversity of our care network is not a one-time, check-the-box initiative. At Spring Health, we have processes in place that ensure the most relevant network possible:

### **We let members shape our network**

Our Care Navigators process all member requests, including ideal appointment times, preferred gender or race of provider or preferred specialties. These insights are then used to help inform our provider recruiting, allowing us to better tailor our network to you and our member community.

### **We approach diversity from multiple angles**

Diversity isn't just about race or gender. We focus not only on *who* a provider is, but *what* they do best. This allows us to continuously add new specialties and focus areas to our provider network, improving our ability to address your personal needs and those of every member.

### **We constantly assess provider quality**

We have a proprietary technology that measures and monitors provider performance in real time. This technology assigns each provider a quality score, informed by patient satisfaction ratings; improvement rates in patient anxiety, depression, and productivity; weekly availability of the provider; and more. This enables us to keep tabs on the overall quality of our network while we continue to prioritize your needs and those of other members.

As we continue to build our network of Care Navigators and Providers, diversity is top of mind. By continuously listening to your needs and analyzing our network, we ensure the best possible experience for our diverse member population.

**Clorox provides Spring Health as a mental well-being benefit  
to support you. Get started today by visiting  
[clorox.springhealth.com](https://clorox.springhealth.com) or by calling  
1-855-629-0554**