

## Modernize your behavioral health benefits and deliver world-class outcomes through Virgin Pulse and Spring Health

### Filling the Gaps in Mental Health Treatment:

One in five U.S. adults experience a mental illness each year,<sup>1</sup> which drives up healthcare costs and inhibits employee productivity. One study estimated a \$193 billion societal cost in lost earnings due to mental illness.<sup>2</sup> Yet, traditional mental health solutions were not built to acknowledge the unique needs of each patient. This leads to long periods of testing providers and treatments to understand what works.

Applying the same scientific principles behind precision medicine to mental health care, however, can accurately predict the right treatment for the right person to accelerate recovery and help eliminate barriers to efficient treatment.

### Virgin Pulse and Spring Health:

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.

Virgin Pulse promotes Spring Health's offerings through its benefits library and AI-powered recommendation engine. Members can activate their Spring Health accounts through SSO and easily navigate between the programs. Custom rewards are available to members who complete mental health screenings, therapy and more.

# Bring unparalleled personalization of mental healthcare to your Homebase for Health®. Spring Health combines clinically-proven technology with high-touch care navigation providing members with expert recommendations, referrals and emotional support.

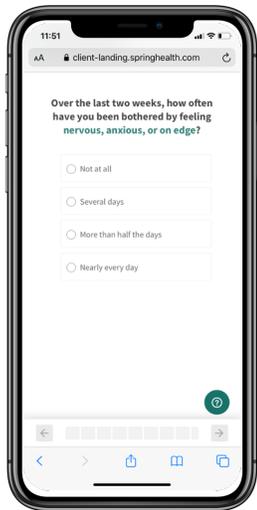
**10x** Engagement level of standard EAP programs – 30% vs. 3%

**1.1** Days to see a Spring Health provider

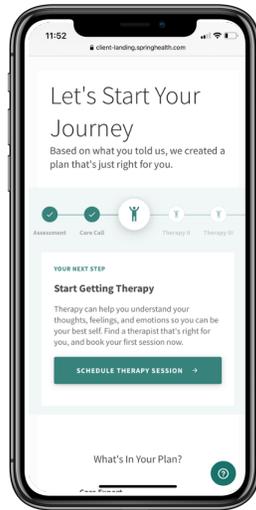
**8** Weeks faster recovery than traditional care

**1/2** Day of productivity recovered per member per week

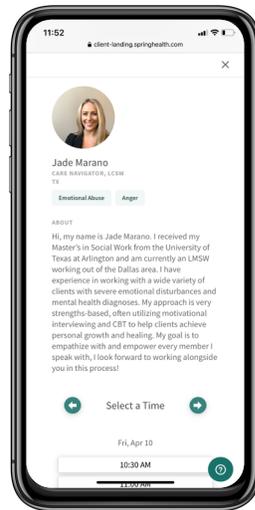
## How Spring Health Works



Complete a precision mental healthcare assessment



Receive your personalized care plan



Map out your journey with a dedicated Care Navigator



Access expert providers, digital CBT, medication management and more

## Talk to an expert at Virgin Pulse to get started

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

Find us on [facebook](#) | [twitter](#) | [linkedin](#)



1. Key substance use and mental health indicators in the United States: Results from the 2015 National Survey on Drug Use and Health. Rockville, MD: Center for Behavioral Health Statistics and Quality. Substance Abuse and Mental Health Services Administration. 2016
2. Kessler RC, et al.: Individual and societal effects of mental disorders on earnings in the United States: results from the National Comorbidity Survey Replication. *Am J Psychiatry* 2008; 165:703-711.

