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.

Spring Health

HIGHMARK.

Because Life.™

Download the My Highmark app from your phone's app store or visit **member.myhighmark.com/benefits.**

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

*Based on Spring Health's average provider availability.

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