

# Spring Health Appointment Guide

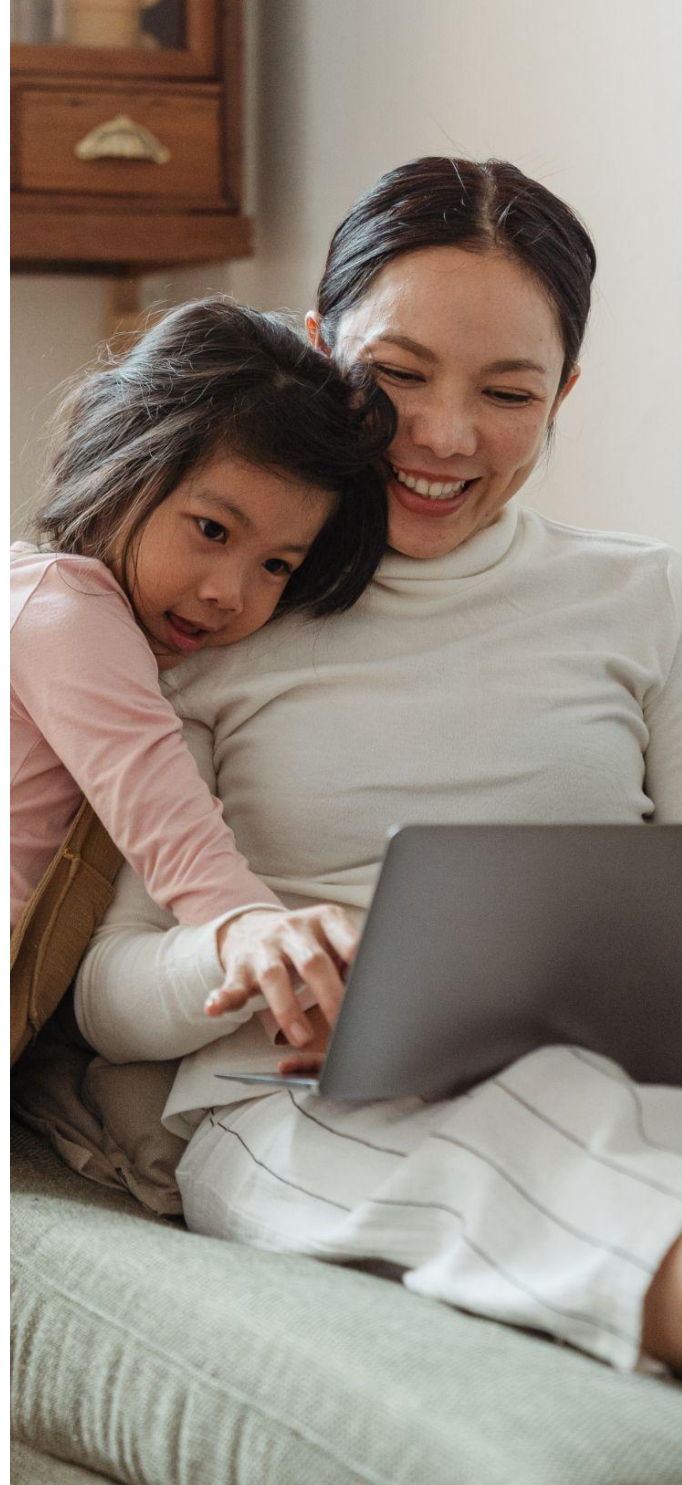
No matter what kind of support you need, **Spring Health** connects you with the right mental health care and resources at the right time. It only takes a few minutes to create an account, take a short assessment, and get started.

Depending on your needs, you may see different types of appointments available. Below are descriptions of each type.

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## Care Navigation

- **What it is:** Dedicated guidance through every step of the mental health journey.
- **Benefits:** Our Care Navigators are licensed clinicians who are available to discuss your assessment results, walk you through care options, help you find the right provider, and provide emotional support.
- **Access:** All Spring Health members have free, unlimited access to Care Navigation.
- **Scheduling:** Once you complete your assessment, you will be matched with a Care Navigator. You can view their availability and book an appointment online.
- **Appointment type:** Virtual



Spring Health is available at no cost to Alera Group employees and their dependents.

Your care with Spring Health is private and confidential.

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## Therapy

- **What it is:** A proven method to help people through mental and emotional distress.
- **Benefits:** Our licensed therapists and psychologists can help you understand your feelings, thoughts, and behaviors, and give you tools to feel better and improve your daily life.
- **Access:** Each member (age 6+) gets 10 free therapy sessions per year. If you use all your covered sessions, your Care Navigator can explain your options to continue care.
- **Scheduling:** Browse recommended providers or search by specialty, gender, ethnicity, or language. You can view availability and book an appointment online, or your Care Navigator can help.
- **Appointment type:** Virtual or in-person

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## Coaching

- **What it is:** Unbiased support to help people reach their goals and improve their well-being.
- **Benefits:** Our certified coaches can help you set and achieve goals, build new skills, and develop healthier habits related to personal development, wellness, relationships, or parenting.
- **Access:** Each member (age 18+) gets 10 free coaching sessions per year.
- **Scheduling:** You can browse coaches, view availability, and book an appointment online, or your Care Navigator can help.
- **Appointment type:** Virtual

## Book an appointment today

1. Create or log in to your Spring Health account at [alera.springhealth.com](https://alera.springhealth.com).
2. Complete a short assessment, so we can personalize your care plan.
3. Book an appointment with your Care Navigator, therapist, or coach.

For support, visit [springhealth.com/support](https://springhealth.com/support) or call **1-855-629-0554** (M-F, 8am-11pm ET).