

**ND****Spring Health**

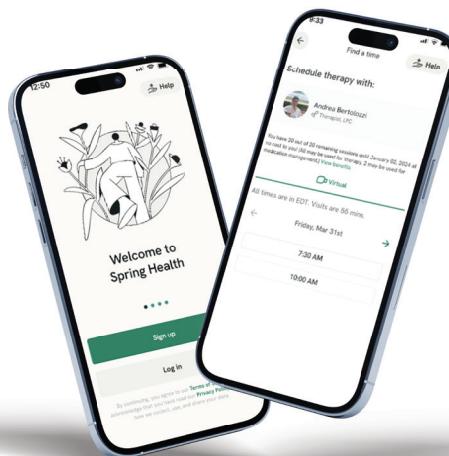
# Fast, personalized mental health care



Spring Health helps you get mental health care that is easy and affordable. Members and their families can book therapy appointments with trusted, in-network providers online or in person. The program supports people with stress, anxiety, depression, sleep problems and more.

## What you get with Spring Health

- Appointments in an average of 2 days
- Therapy, medication management, wellness tools and family resources in one place
- Providers who speak more than 100 languages and treat over 50 conditions, including trauma, anxiety and ADHD
- Support for teens ages 13 and older
- Access to Moments, a library of short, self-guided exercises for well-being support



## Why it matters



Help when you need it



Of members feel better after care



Care that fits your needs



Support for your whole family\*

## How to access



Go to [springhealth.com/connect](http://springhealth.com/connect) to find a provider and book your first appointment.

After your first visit download the Spring Health app for iOS or Android to:

- Manage your care
- Schedule follow-up visits
- Explore resources

\*Available to individuals 6 years and older.

Spring Health is an independent company providing access to in-person and virtual therapy, medication management and mental health support, on behalf of Blue Cross Blue Shield of North Dakota. © Spring Health

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