

# Better Together

Drive meaningful, sustained engagement in the right programs with deeply personalized experiences



**Spring Health** is a comprehensive mental health solution for employers and health plans. Unlike any other solution they use Precision Mental Healthcare as a first step to identify and deliver the right care for each member—whether it's digital CBT exercises, coaching, therapy, medication management, and beyond.



Benefits for additional support

After selecting a Health Goal to Manage Stress, Stuart receives communications connecting him to Spring Health. His experience is tailored to support his diagnosis of generalized anxiety.

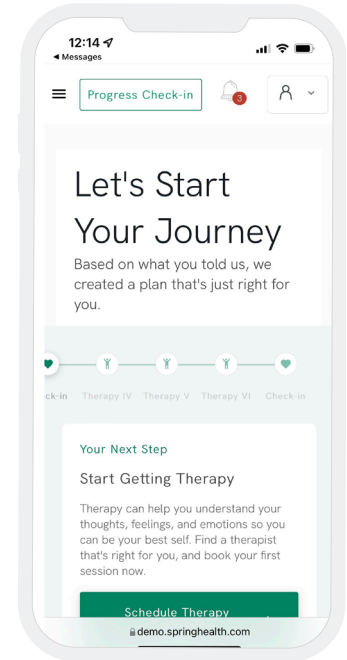
**Stuart**

Health Goal: Manage Stress

Diagnosis: Generalized Anxiety Disorder

Dx Code: ICD-10 Code F41.1

Scan to explore:



# Castlight's best-in-class digital health partners are committed to helping members stay healthy, manage conditions, and access care

Engagement  
Better Together

~40%

increase in enrollment with  
**Spring Health**

once Castlight incentives  
were enabled

Clinical Outcomes  
Better Together

~\$60  
PMPM



lower behavioral health-  
related medical spend

when members have  
access to **Spring Health**  
versus those without

“The two-way data exchange with Castlight will enable us to connect even more people with the mental healthcare they need and to keep them continuously engaged in their unique journey.”

– Chief Revenue Officer  
Spring Health