

# Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. Starting on 1/1/26, NFP will partner with **Spring Health** to support UHC, Surest and CareFirst BCBS enrollees and their enrolled dependents.

**Spring Health can support your mental health with easy access to:**

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## In-network therapy

Get support when it's convenient for you, either virtually or in person. Appointments are available within a few days, even on nights

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## Wellness exercises

Moments is a library of self-guided exercises that can help you manage stress, calm anxiety, beat burnout, improve sleep, and be more mindful.

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## Care guidance and support

A Care Navigator can walk you through your care plan, help you find the right provider, and support you along the way.

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## Diverse providers

Choose an experienced therapist you feel comfortable with. Browse recommendations or search by specialty, gender, ethnicity, or language.

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## Medication management

If needed, access to medication management is available at an in-network rate.

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## Personalized Care

Take a short online assessment to get a care plan designed just for you. Based on your immediate needs and long-term goals, recommendations might include



Contact Spring Health:  
[springhealth.com/support](https://springhealth.com/support)  
1-855-629-0554

**General support:** M-F, 8am-11pm ET  
**Crisis support:** 24/7 (press 2)

Learn more and get started:  
[nfp.springhealth.com](https://nfp.springhealth.com)  
Spring Health mobile app

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Spring Health is available to all UHC, Surest, and BCBS CareFirst enrollees & enrolled dependents.

Your care with Spring Health is private and confidential.

