

Spring Health Referral Guide

When and how to refer individuals to Spring Health for mental health support.

Spring Health overview

Myriad Genetics, Inc. partners with Spring Health to ensure that employees can easily get mental health support whenever and wherever it's needed. Spring Health offers personalized, convenient care and resources to support you through any of life's challenges. Care with Spring Health is private and confidential.

Important features include:

- Personalized care plans
- Free therapy
- High-quality, diverse providers
- Care guidance and support
- Self-guided wellness exercises
- Medication management

Eligibility

Spring Health is available to all Myriad Genetics, Inc. employees and their dependents.

Cost

Myriad Genetics, Inc. offers Spring Health at no cost to you. Up to 8 free therapy sessions are available to each member.

The Spring Health Care Team can explain how additional sessions integrate with your medical plan.

When to refer to Spring Health

You may want to encourage individuals to use Spring Health if they express that they are experiencing:

- Prolonged depression, sadness, or irritability
- Feelings of extreme highs and lows
- Burnout and stress
- Excessive fears, worries, and anxieties
- Strong feelings of anger
- Social withdrawal
- Struggling with daily problems or activities
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse
- Intense fear of weight gain
- Prolonged negative mood
- Difficulties focusing at work

How to refer to Spring Health

Individuals can get started quickly by registering online at care.springhealth.com.

Crisis support for members is available 24/7 by phone at **1-855-629-0554** (press 2).

To initiate a formal referral or management consultation, managers can email managersupport@springhealth.com or call **1-855-629-0554** (press 4, then press 2). Available M-F, 7:00am-10:00pm ET.