

Mental health support that's exactly the right fit.



Starting in your new plan year, you'll have access to **Mental Well-Being**, powered by Spring Health. This mental health care option can help you or your family get the right care, right away, and make room for a brighter future. And it's all available on our app and website.

Mental Well-Being gives you the support you want.



Personalized care

Take a quick assessment that screens for different mental health conditions. Then you'll get a personalized care plan matched to your needs.



Care navigators

They can walk you through care plans for you or your child, help you find a therapist, and provide other support when you need it.



Fast access

You'll typically see a high-quality provider, in person or virtually, within five days or less. Treatment is available for everyone ages 6 and up.



Certified coaches

Build better habits, navigate life transitions, and improve communication skills with help from a coach. They can help you set and achieve goals, too.



Provider visits

Book therapy and medication management appointments in real time. Plus, you'll have a diverse national network of therapists to choose from.



Digital exercises

These self-guided exercises can help you manage stress, calm anxiety, and improve sleep. Plus, they're available whenever you want.



Because Life.™

Look for more details when
your plan year starts.



Because Life.™

Mental Well-Being is offered by your health plan and powered by Spring Health. Spring Health is an independent company that provides mental health care services and does not provide Blue Cross and/or Blue Shield products or services. Spring Health is solely responsible for their mental health care services.

Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

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Northeastern NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Shield.

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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。