



# Millions of people in the US are affected by mental health issues each year.

With **one in five** adults experiencing these challenges, it's important to understand the physical, social, and financial impact on individuals and the workplace.<sup>1</sup>

That's why Guardian has partnered with Spring Health to bring personalized mental wellness benefits to all employees and their families.

From in-person and virtual therapy to mental health assessments and mindfulness exercises, these services are clinically proven to drive faster recovery times, reduce absenteeism, and improve overall well-being.



## Real results

### Frequent proactive outreach drives improved outcomes

By assigning the right care early in the process, the Spring Health experience results in:



Up to **40%** improvement in recovery times — 12 weeks (after 4.2 therapy visits) vs. the national average of 20 weeks<sup>2</sup>



Up to **86%** of members reporting full recovery



**1/2 day** of productivity recovered per engaged member per week



**50%** turnover reduction with engaged members

According to a World Health Organization study, for every dollar invested in depression and anxiety treatment, there is a **return of \$4 from improved health** and the ability to work.



## Immediate access

Convenient single "front door" to mental well-being that matches members with the right providers and/or exercises/tools to quickly receive the needed support

	spring health	Traditional solutions
Average days to first appointment	1.1	21 <sup>3</sup>
Appointment availability	100% real-time	Limited or no online scheduling



## Personalized, precise care

Personalized care plan, dedicated point of contact, and diverse network of providers ensures members receive the right resources throughout their care journey

spring health	Traditional solutions
<ul style="list-style-type: none"> <li>✓ <b>Proprietary assessment</b> uses machine-learning technology to screen for 10 conditions.</li> <li>✓ Members receive the results of their assessment and a <b>personalized care plan</b>.</li> <li>✓ Every member is provided a dedicated <b>Care Navigator</b>, a licensed mental health professional whom they lean on as an advocate throughout their entire journey.</li> </ul>	<ul style="list-style-type: none"> <li>45% get the wrong diagnosis<sup>4</sup></li> <li>70% patients do not recover from first treatment<sup>5</sup></li> <li>15-20 sessions wasted on experimentation<sup>6</sup></li> </ul>



Spring Health has 3x more diversity than the average network<sup>7</sup>

**47%** of providers identify as Black, Indigenous, or People of Color

**37%** of providers specialize in LGBTQ+ issues

**15** unique racial groups represented

**13** languages spoken fluently

**25+** treatment methods and specialties

These mental wellness benefits are offered to all employees, regardless of where they are on their mental health journey. Services range from licensed therapy for individuals interested in obtaining care to online exercises for individuals dealing with day-to-day stressors. **Access to providers, level of personalization, and resulting quality of care** are key differentiators from any other mental health provider in the market today.

**To learn more about our mental wellness benefits, contact your Guardian sales consultant or client manager.**

The Guardian Life Insurance Company of America

guardianlife.com

New York, NY

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<sup>1</sup> National Alliance on Mental Illness

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/books/NBK82926/>

<sup>3</sup> <https://www.psychiatryadvisor.com/home/practice-management/long-wait-times-typical-for-psychiatry-appointments/>

<sup>4</sup> <https://www.psychologytoday.com/us/blog/the-truisms-wellness/201609/4-conditions-may-seem-be-depression-arent>

<sup>5</sup> <https://journals.sagepub.com/doi/10.1177/070674371005500303>

<sup>6</sup> <https://www.apa.org/ptsd-guideline/patients-and-families/length-treatment>

<sup>7</sup> <https://www.apa.org/monitor/2018/02/datapoint>

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