

# Validated Clinical Outcomes & Financial ROI

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**Spring Health is the only mental health solution with evidence-based clinical results and proven financial ROI.**

Only 2.7% of mental health apps have proof that their services are safe and effective for its users<sup>1</sup>. Spring Health is the only mental health solution that is proven to actually improve employee mental health while helping employers save.

**70%** of Spring Health members achieve reliable or significant improvement in fewer sessions<sup>2</sup>

**5.6** sessions  
Spring Health

**9.4** sessions  
Competitor

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## Proven care with results backed by peer-reviewed research

Spring Health methodology consists of the highest-quality, evidence-based components, including a structured digital assessment, licensed Care Navigation, and world-class therapists. As proven in leading medical journal, **JAMA Network Open**, members with depression and anxiety symptoms improved in fewer sessions than the leading competitor.



**5.9** weeks on average to recovery, with 70%<sup>3</sup> of employees showing improvement

**30%** reduction in total claims cost per Spring Health participant

**50%** reduction in employee turnover

**25%** fewer days missed and a 24% increase in productivity

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## Replace your EAP with the only independently validated solution

Traditional EAPs are under-utilized because they often go unnoticed by employees. As your organization looks to unlock increased EAP utilization, consider a critical set of questions when weighing your next solution:

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**Are there proven financial results?**

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**Is the cost of care delivery included in the savings analysis?**

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**Is the study based on real-world data?**

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**Was the study rigorously peer-reviewed and published in a leading journal?**

As the only digital health solution with independently validated clinical and net financial outcomes, Spring Health is the clear choice to replace your EAP.

1. Nature Partner Journals
2. Spring Health clinical outcomes validated by JAMA.
3. Financial outcomes validated by independent actuarial firm, Santa Barbara Actuaries.



To learn how to improve your employees' mental health and increase savings with Spring Health

**Contact**  
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