

Alcohol and Drug Support for You and Your Loved Ones

Spring Health can help you access high-quality care suited to your needs.

Spring Health, your mental health and wellbeing benefit provided by XP Power, offers alcohol and drug support programs for employees and their dependents age 18+.

We recognize how challenging and discouraging it can be when looking for support that feels right. Through Spring Health, you have access to best-in-class alcohol and drug use support programs to help you or your family member get the right care and treatment when it's needed most.

We'll help you get started

If you're struggling with alcohol or drug use, we make it easy to get help quickly:

- **Convenient, private options.** From telemedicine and self-paced programs at home to residential treatment, our programs are suited to your needs.
- **Easy access.** Spend less time finding available options and more time finding the right care.
- **Dedicated support.** A dedicated, licensed clinician gets to know you and helps choose the program that fits your needs. They are also there to check in with you during and after treatment to prevent relapse.
- **Affordable.** We'll make sure that you find a program that is right for your lifestyle and budget.

Your care with Spring Health is private and confidential.



How it works for employees and dependents:

1. Sign up or sign in to your Spring Health account at xppower.springhealth.com. From there, you'll be prompted to complete a 5-minute assessment, which helps us better understand the type of support you're looking for.
2. If you already have a Spring Health account but it's been awhile since you completed the assessment, you can reach out directly to your Care Navigator or visit springhealth.com/support to inquire about alcohol or drug use support.
3. After you've completed the assessment, your personalized care plan will have a recommendation to learn more about alcohol or drug use support. You'll be able to learn about the program and directly schedule a chat with a specialized Care Navigator with a background in alcohol and drug use treatment. They'll talk with you about how you're feeling and help guide you to the best support and treatment program for you.
4. Once you and your dedicated clinician decide on your pathway of care, they will connect you to support or services and get you started. And while your program will be your best source for any needs specific to your treatment, your Spring Health clinician is always available to answer any questions or provide additional support along the way.

Your care with Spring Health is private and confidential.



Your Care Navigator will guide you to the program right for you.

We understand that what's right for one person might not be right for another. Your dedicated Care Navigator, a licensed clinician, will work with you to decide which program fits your schedule and budget the best.



DynamiCare Health. A secure mobile health platform that allows you to schedule video sessions with your personal coach, conduct at-home virtual testing, learn key skills from home, monitor your progress, and more.



Ria Health. Flexibility and 360-degree support with a single, convenient mobile app that allows you to schedule sessions with expert medical and coaching teams.

eleanor health

Eleanor Health: Outpatient addiction treatment including therapy, psychiatric care, medications for addiction treatment, peer support, nursing, and health advocacy and care coordination.

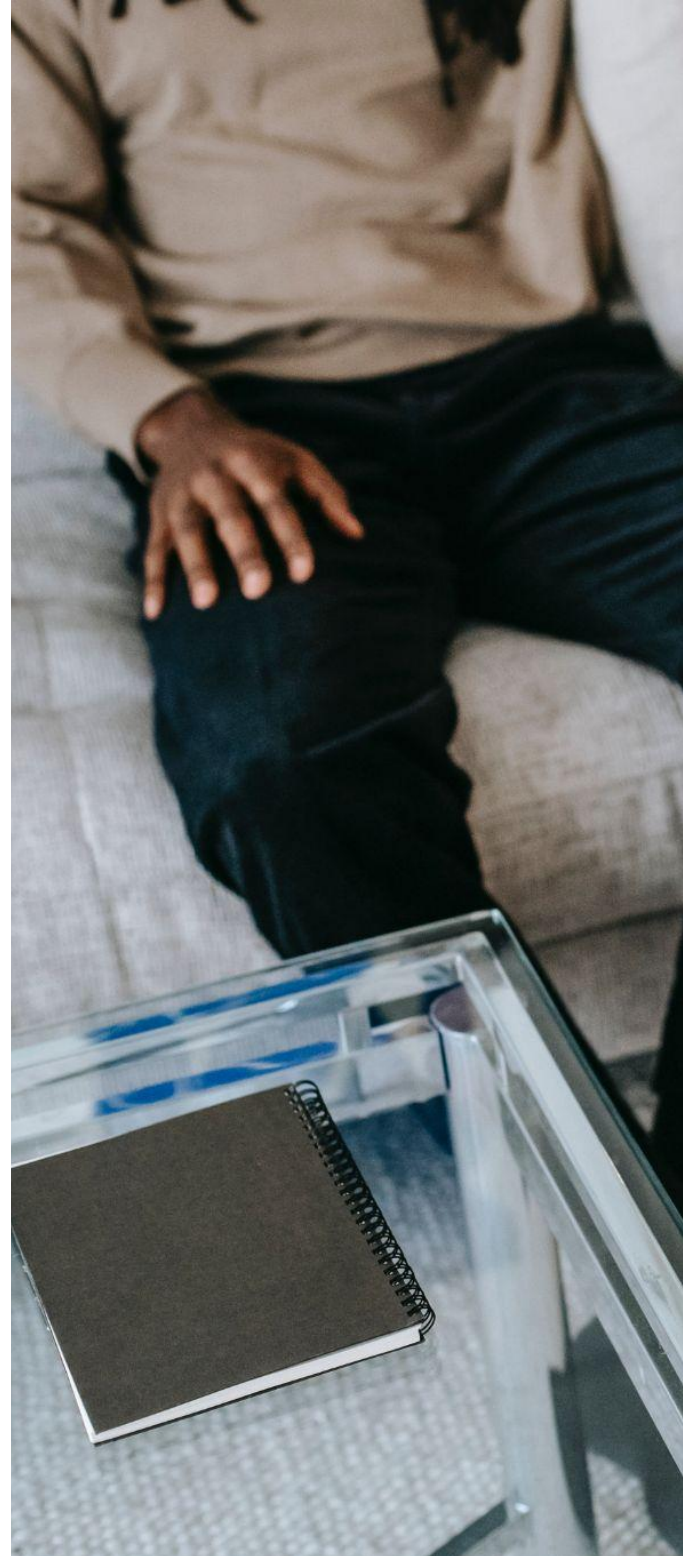


Hazelden Betty Ford Foundation. Recovery solutions across the entire continuum of care for youth and adults, including residential treatment for those needing 24/7 support.



Recovery Centers of America

Recovery Centers of America: Access to recovery solutions across the entire continuum of care, including telehealth options, specialized programs, and residential treatment.



Your care with Spring Health is private and confidential.

Get started at
xppower.springhealth.com

To learn more about our alcohol and drug use support programs, call 1-855-629-0554 or visit firststep.springhealth.com