



Get to know Spring Health, your mental wellness benefit

Provided by:



AGENDA

Today's topics

- ✓ Reminder: Take care of #1
- ✓ Spring Health Overview
- ✓ Meditation/ Mindfulness tool



The impact of COVID-19 and civil injustice on mental well-being

80% of employees feel anxious, distracted, or stressed due to coronavirus¹

36% of Americans say corona pandemic has made a 'serious impact' on their mental health²

13% unemployment rate and rising at a speed unmatched in American history³



Depression is the worst thing ever experienced. Constantly to the stage u don't want to go the morning because u dread and no pill a doctor chucks a to fix it. I can't wait for the day happy ❤️

4:42 PM - 22 Jan 2019



In the words of your team member:

"In the midst of preparing to retire in the next year, work life and personal life have been impacted by the affects of shelter-in-place related to COVID-19, and the wildfires burning nearby. **Simply making the phone call made me feel better, knowing that I have help to find a professional to help me navigate current circumstances, and the transitions ahead."**

UnitedAg member, 2021



Take care of yourself.



Take care of yourself.

Take a breather.

- Once every 2 hours, **take a lap** around the building for *fresh air, sun, to stretch, take deep breaths.*

Stay balanced, stay healthy.

- Eat well.
- Drink a lot of water
- **Support system:** Talk to family and friends.

Get high quality sleep.

- Set the mood. *i.e. lighting, sheets, etc.*
- **No screen policy:** 30 minutes before bed
- **Mental cleanse:** Limit news, social media



ALLOW YOURSELF TO FEEL

Put worries into a box

Worry about work **at work**.

Worry about home **at home**.

Make a time to think and worry and then put it to bed. Focus on on family, friends, health, etc.





Who is Spring Health?

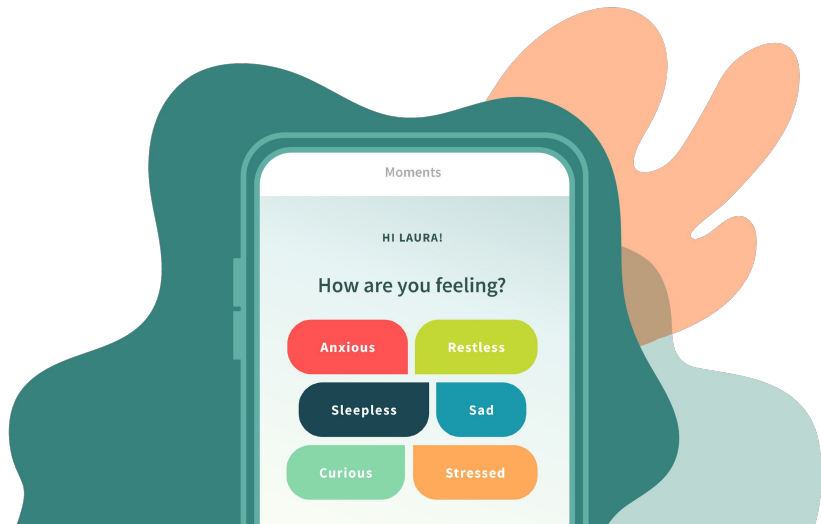


Whole Self, Whole Health

There's **never a bad time** to focus on your mental wellness.

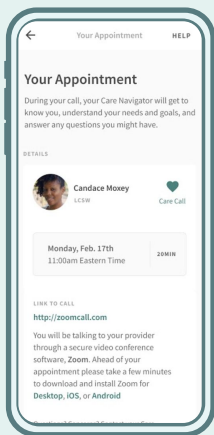
Just like exercising regularly or going to the doctor for an annual checkup, prioritizing your mental wellness supports your overall health. Spring Health—your benefit provided by **UnitedAg**—gives you and your covered dependents the tools to improve your mental wellness.

Your team at Spring is here to support you in living a happier, healthier life.

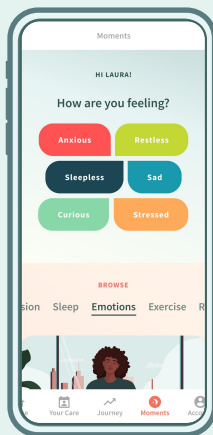




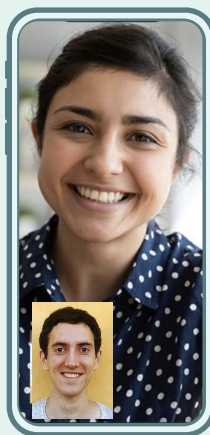
No matter your needs, Spring Health provides you with a personal Care Navigator and benefits to help you feel your best.



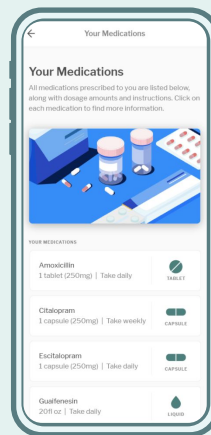
Care Navigation & Coaching
(Spanish available)



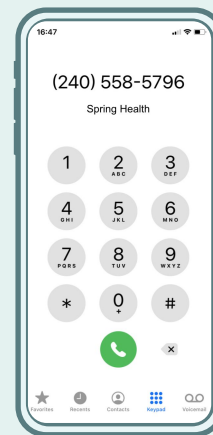
In-App Wellness Exercises



Free Therapy
(Spanish available)



Medication Management



Crisis Support



At no cost, you and your dependents can use Spring Health for:



In-app wellness exercises. Support your mental fitness on-the-go, with exercises in meditation, better sleep, and more.



Free therapy. Book same-week sessions with trusted providers at times that fit your schedule.



Personalized recommendations. Assessments to identify the right care for your needs, learn more about yourself, and track your progress



Medication. Speak with psychiatrists to manage medications, when appropriate



Dedicated support. Receive guidance along your journey from your personal Care Navigator.

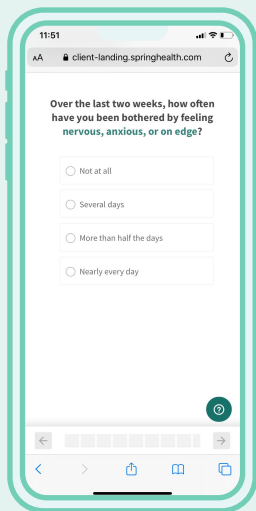


Coaching. Receive tips for managing stress, increasing focus, and more.

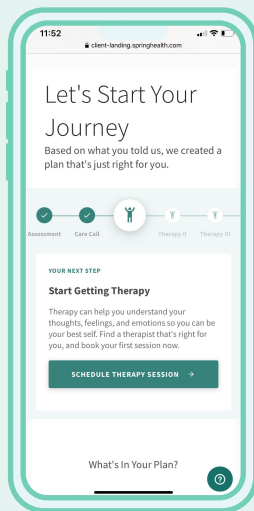




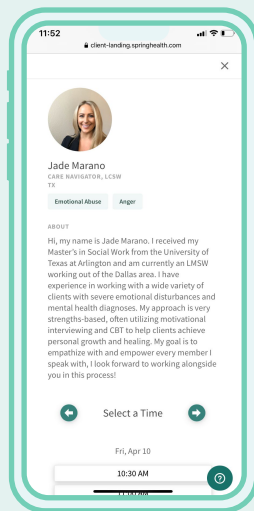
How your Spring Health benefit works:



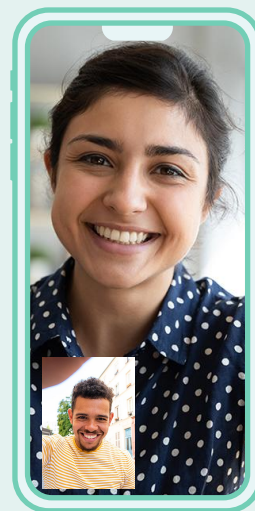
- 1 Sign up and take a quick wellness assessment



- 2 You receive a recommended plan based on your exact needs



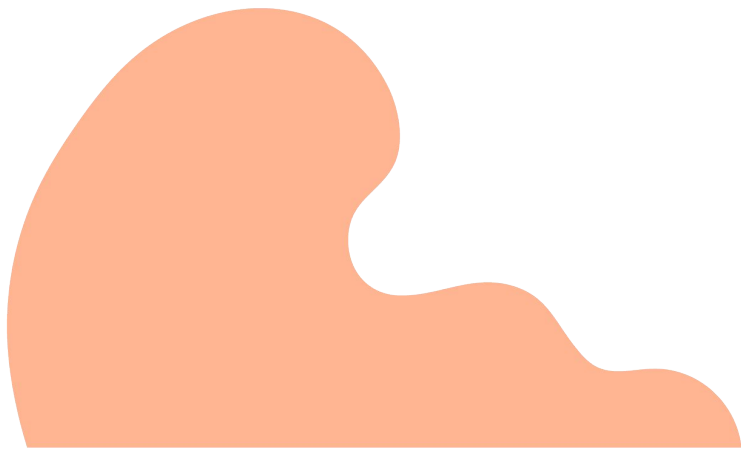
- 3 Your dedicated Care Navigator begins helping you in your journey



- 4 Receive access to in-app exercises, therapy sessions, and more



Life moves fast... and so do we.



5 min

Set up an account &
take your initial assessment

Immediate

Access to on-demand mental
health exercises after signing up
and downloading the mobile app

< 48 hours

Speak with a Care Navigator

< 7 days

Meet with a therapist
or psychiatrist



Because it's
about you
feeling better
— faster

2x higher

recovery rates

8 weeks faster

recovery¹



What can Spring Health help you with?

Anything that's important
to you. "Serious" or not.





When should you talk with Spring Health?

There is never a wrong time to seek help. Some signs you may notice in you or someone else:

- ✓ Confused thinking
- ✓ Trouble focusing at work
- ✓ Prolonged depression, sadness or irritability
- ✓ Feelings of extreme highs and lows
- ✓ Excessive fears, worries and anxieties
- ✓ Social withdrawal
- ✓ Changes in eating or sleeping habits
- ✓ Strong feelings of anger
- ✓ Inability to cope 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



Free Therapy

Including **bilingual** services, evening, and weekend availability.

Convenient

Therapy available on weekends & evenings, mobile app for support on the go, 24/7 access to crisis support

Unlimited

Care Navigation & check-ins for **ALL** employees

Trusted

Tools proven to help you feel better and a network of high-quality providers



How do I get started with Spring Health?

Activate your benefits today
unitedag.springhealth.com

En español: benefits.springhealth.com/unitedag-es

Care Team: careteam@springhealth.com

Search for “Spring Health Mobile” in your app store:



1 Activate your no-cost Spring Health account



Online: unitedag.springhealth.com

En español:
benefits.springhealth.com/unitedag-es



Phone: 240-558-5796, option 2 crisis support



Mobile app: “Spring Health Mobile” in the Google Play and iTunes app store

2 Complete your mental and emotional wellness check-in at unitedag.springhealth.com and receive your personalized care plan.

3 You can access free therapy sessions (fully covered by UnitedAg), in-app mental wellness exercises, and more.

Using Spring Health is 100% confidential



Win a \$300 Visa Gift Card

If you activate your free Spring Health account by June 1, 2021, you will be automatically entered to win one \$300 Visa gift card!*

To get started and enter the raffle today, visit unitedag.springhealth.com to create your account.

En español: benefits.springhealth.com/unitedag-es

*One winner, need to activate by the deadline to be eligible for the drawing.

The service offering is subject to change. If they have any questions please have them contact UnitedAg Member Services at (800) 223-4590 or email memberservices@unitedag.org.





MEMBER INVITATION

Easily activate your Spring Health account with the invitation link emailed to you



Lisa, you have a new mental health benefit!

Just like we have a regular physical, at Spring Health we believe we should also get a regular mental health check-in. COMPANY has partnered with us to provide you with mental healthcare that's precisely right for you.

ACTIVATE YOUR BENEFIT

Your information is confidential and never
shared with COMPANY.

To ensure the best experience, please use one of our supported browsers, including Chrome, Firefox, and/or Safari.



MEMBER REGISTRATION

Once providing some necessary contact information, you are ready to take your assessment.

Create your account

FIRST NAME *

LAST NAME *

ADDRESS *

APT, SUITE #

CITY OF RESIDENCE *

ZIP CODE *

DATE OF BIRTH

PHONE NUMBER *

PERSONAL EMAIL *



Your journey





YOUR JOURNEY

4 steps to start feeling your best:

Screening

Take a 5-minute assessment to better understand your needs.

1

Matching

Receive a personalized care plan that addresses your exact needs

2

Navigation

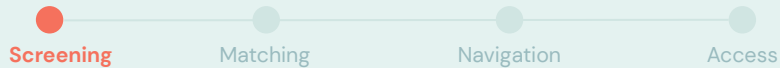
Establish goals and meet your Care Navigator who will help you during your journey.

3

Access

Understand the options available to you and access tools to start feeling better.

4



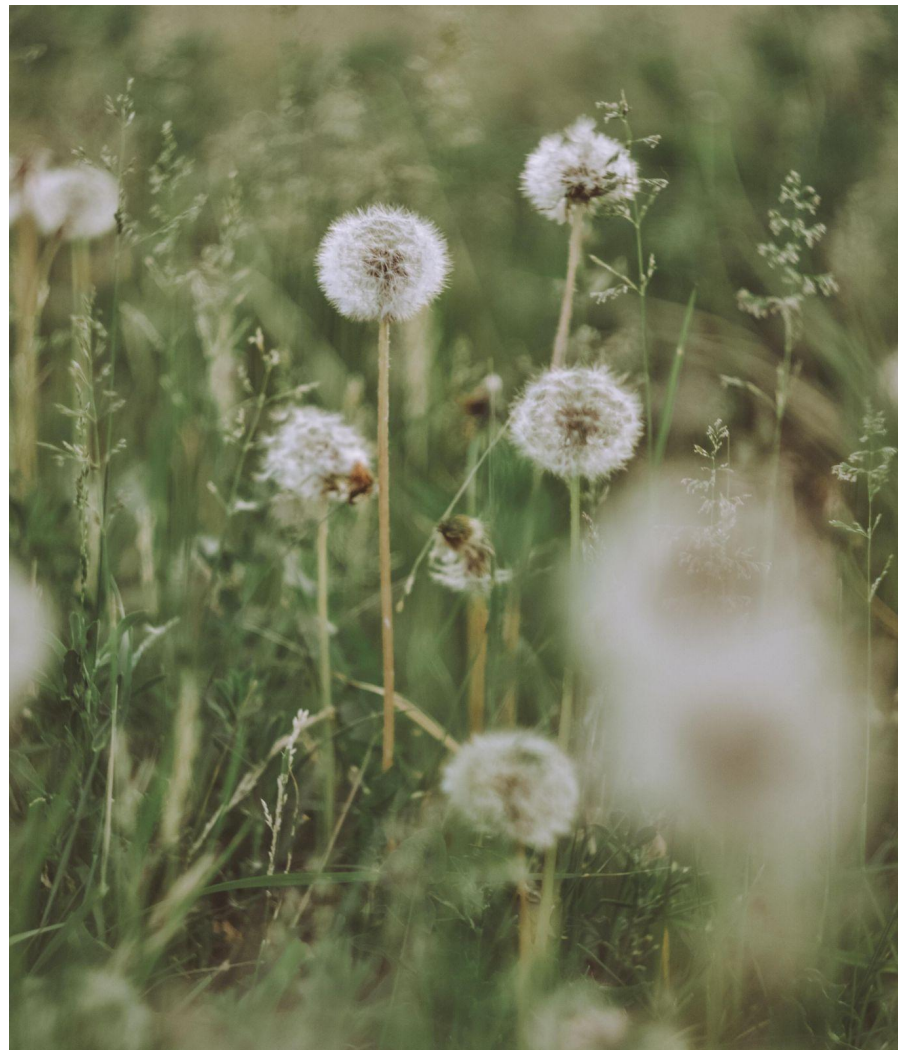
YOUR JOURNEY

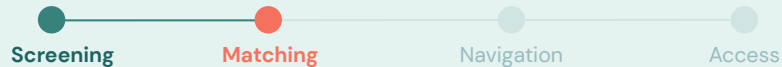
Screening

100% Confidential • Convenient • At no cost

We screen for:

- ✓ Depression
- ✓ Anxiety
- ✓ ADHD
- ✓ Bipolar Disorders
- ✓ Eating Disorders
- ✓ Alcohol Abuse
- ✓ Postpartum Depression
- ✓ Suicide Risk
- ✓ PTSD



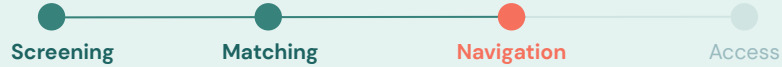


YOUR JOURNEY

Treatment matching

- ✓ Personalized, evidence-based treatment plan
- ✓ Variety of tools available to you, including in-app exercises, therapy, medications, and coaching
- ✓ Clinically-validated and proven to work



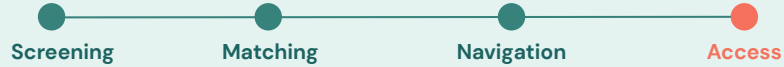


YOUR JOURNEY

Care navigation

- ✓ Dedicated Care Navigators—licensed mental health professionals
- ✓ 20 min call within 48 hours
- ✓ Supports you on your personalized treatment plan
- ✓ Ongoing follow up to track progress
- ✓ Guides you through all available benefits





YOUR JOURNEY

Access to care

- ✓ Mobile app that provides a library of on-demand mental health exercises
- ✓ Network of trusted Spring Health providers
- ✓ Strict vetting to assure quality
- ✓ Therapy sessions available on evenings and weekends
- ✓ Convenient support through video sessions





CONFIDENTIALITY

Will UnitedAg know if I sign up?

The simple answer is no.

UnitedAg will know **nothing** about you!

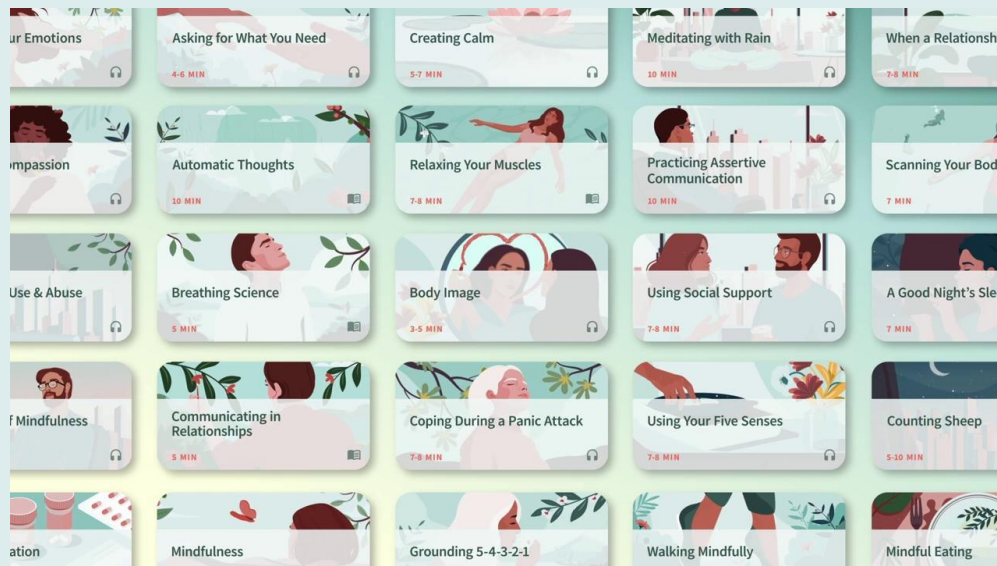
This is a 100% confidential service.
Spring Health can neither confirm nor
deny if you have registered or used any
of our services.



CLOSING

You can't pour from an empty cup!

Take care of your own mental health
so you can take care of your team.





Ongoing Support



#springhealth | unitedag

Ser pleno, salud plena

Al igual que hacer ejercicio con regularidad o ir al médico para una revisión anual, priorizar su bienestar mental ayuda a su salud en general. Spring Health—su beneficio de UnitedAg—le brinda las herramientas para disfrutar de una vida más saludable y más feliz.

Sin costo, puede usar Spring Health para:

- Ejercicios de bienestar en la aplicación
- Recomendaciones de atención personalizada
- Apoyo especializado
- Terapia
- Entrenamiento
- Medicación

Regístrese hoy en unitedag.springhealth.com para activar sus beneficios.

Spring Health es 100 % confidencial y su información nunca se comparte.

Busque "Spring Health Mobile" en su tienda de aplicaciones:

#springhealth

Supporting *your* team's mental health

How to identify concerns and talk about mental health at work

The conversation around mental health has carried a stigma with it for far too long, including at work. Thoughts and feelings of shame have prevented employees from speaking up about their mental health and getting help, especially in a setting where these conversations aren't normally taking place. When this is the case, employee productivity, performance, and even relationships with colleagues can be negatively impacted. But, with the proper support and right approach, the workplace can have a positive influence on employee well-being. Here's our advice.

Breaking the stigma at work

Talking about mental health at work can be uncomfortable and tricky to navigate. But, the less mental health is talked about in the workplace, the more stigmatized it becomes. Checking-in with your team and creating a culture where mental health is prioritized can help improve overall employee well-being and boost productivity.

What to do when a team member is struggling

1. **Listen, listen, listen.** First, it's important to really listen, so they feel heard, respected and cared for.
2. **See how you can help.** Ask them what would be most helpful to them and what you can take off their plate.
3. **Offer support.** Learn how you can be of support without overstepping boundaries.
4. **Provide solutions.** Share information on Spring Health and any other mental health resources available to help.
5. **Be reliable.** Coming forward with struggles of your own can help them feel like they're not alone.

Mental health in the workplace Facts & figures*

42% of global employees have experienced a decline in mental health since the pandemic began

Shame and stigma are the top reasons preventing employees from using their mental health benefits to seek treatment

Employees who felt their managers were not good at communicating have been 23% more likely than others to experience mental health declines

46% of workers said their company had not proactively shared available mental health resources

40% of global employees said that no one at their company had asked them if they were doing OK

Source: Harvard Business Review

Identifying signs of mental health concerns

Behavioral signs

Taking or needing a lot of time off
A decrease or lack of productivity
Withdrawal from social situations
Unhealthy or abnormal appearance

Emotional signs

Mood swings or inconsistent emotions
Unnecessary fear, worry, or anxiety
Difficult time focusing or solving problems
Overall changes in demeanor

How managers can support the mental health of their teams

Share your experience.

As a leader, being open about your mental health experiences can help your team feel more comfortable to discuss challenges of their own.

Exhibit healthy behaviors.

Showing how you prioritize your own self-care, such as going for a mid-day walk, helps set the tone for your team to care for themselves, too.

Practice honest check-ins.

Asking your team members how they are and taking the time to truly listen can help your team feel like they have a space to share how they're doing.

Model compassion.

Compassionately responding to your team's needs and being flexible, when possible, can help your team thrive, even when circumstances and changes arise.

Talk about benefits.

Make sure your team is aware of their mental health benefits through Spring Health and encourage them to use them to normalize the use of these services.

Encourage your teams to sign up for Spring Health

unitedag.springhealth.com
 (240) 558-5796

UnitedAg provides Spring Health as a mental wellness benefit to support your well-being. No matter where you are on your journey, Spring Health meets your needs with convenient therapy sessions, on-demand self-help exercises, and more—all from the privacy of your Spring Health account.

Resources for you and your team



Encourage your teams
to sign up:

unitedag.springhealth.com

En español: benefits.springhealth.com/unitedag-es

Search for “Spring Health Mobile” in your app store:



**Thank you.
Questions?**