The right mental health care starts right here.



Simple and easy access to care is what **Mental Well-Being powered by Spring Health** is all about. This program can help you get the right care, right when you need it.

24/7 Crisis Support Phone Number: 1-844-931-4465 Option 2

How to access the Mental Well-Being Program:

<u>Step 1:</u> Download the MyHighmark App through the App Store or scan the QR code to download! □



Step 2: Log-in to the MyHighmark App with your username and password. If you don't have a username and password, you will need to register as a new user.

• To register, you will need your Member ID or Social Security Number, First & Last Name, and Date of Birth.

Step 3: Once you are logged in, you can access "Get Care" through the heart icon at the bottom of the app. Select "Get Care" to access the Mental Well-Being Program. Scroll down to select Mental Well-Being Program from the list. You will be redirected to the website automatically.

Get Care	Get Care
How can we help?	
Go to provider search	Mental Well-Being Feel better with convenient mental health care, educational resources and
Health advice and support	more.
Advanced Care Planning	24/7 Nurseline Need help or advice? A specially-trained nurse is available to discuss acute health concerns 24 hours a day, seven days a week.
Diabetes Prevention Program	
G t help now Schedu virtual visit	Symptom Checker Let us help you understand your symptoms and find the care that's right for you.
Get care from , ome or on the go, at a time that worke for	
Home Benefits Get Care Journey Support	Home Benefits Get Care Journey Support