

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:

Step 1: 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.

