

Discover Self Care and make time for mental wellness



Our members can access Self Care, a self-guided digital program to support mental health and well-being.

We all have daily practices to take care of our bodies. But do you care for your mental health each day?

What is Self Care?

Self Care, available through Spring Health, is a library of on-demand digital exercises based on cognitive behavioral therapy and evidence-based techniques. There is something for everyone, no matter where you are on your well-being journey.

The collection is designed to help you build healthy mental health habits, bring immediate relief from pressing concerns, and develop long-term skills for mental wellness.



Extensive library: Hundreds of video and audio-based exercises and articles are available in multiple languages.



Wide range of topics: Support for a large spectrum of conditions and topics, including:

- Anxiety
- Focus
- Depression
- Burnout
- Eating
- Parenting
- Personal growth
- Relationships and breakups
- Sleep
- Loneliness
- Substance use
- Mindfulness
- Career

How can you access Self Care?

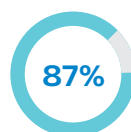
You can access Self Care at no additional cost. Simply log in at Spring Health's website or on the mobile app.



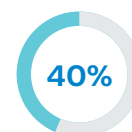
Visit benefits.springhealth.com/insurance/ibx or scan the QR code to sign up for Spring Health and start using Self Care.



Proven results: Those who have used Self Care report good results:



reduction in anxiety symptoms



reduction in eating disorder symptoms



immediate symptom reduction across conditions

You can use the tools available through Self Care every day, no matter how you're feeling, to help you become more resilient and empowered to navigate mental health challenges.

Spring Health is an independent company.

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

Independence 

Spring Health 

IBX

24059 3915000 (10-25)
IBX