

Does your current provider work with Spring Health?

Access to the right mental health therapist is everything. Spring Health has a network of providers to help you feel better faster and also accepts new providers you may already work with.

How do I know if my therapist works with Spring Health?

You may ask your provider directly or submit a request to Spring Health by:

- Completing this [form](#).
- Selecting “other” for the “What Can we Help you with Question.”
- Giving your therapist’s full name, email address, and physical address (if applicable) and asking if they are a current Spring Health Provider.
- If your therapist is not in the Spring Health network and would like to join, we encourage you to share this [Provider Referral Flyer](#) with them.

After my 8 sessions can I continue with my provider through Blue Cross and Blue Shield (BCBS) or Surest?

Yes. If you are participating in a BCBS or Surest plan through Target and exhaust your 8 sponsored therapy sessions, you can continue seeing your Spring therapist at the in-network rates. However, if you are seeing an out of network provider the 8 free sessions does not apply.

If I’m seeing a provider through my BCBS or Surest plan, are they also covered by Spring Health?

Not necessarily. If they are not in the Spring Health network and would like to be, they can join our network at [Springhealth.com/our-providers](https://springhealth.com/our-providers).



The Spring Health Provider Difference

If your current therapist doesn’t work with Spring Health, rest assured we have providers who would also be a good fit.

80+ languages spoken

47% identify as BIPOC

8 free therapy sessions

2 days On average, to a care appointment

9.3/10 Average provider satisfaction rating

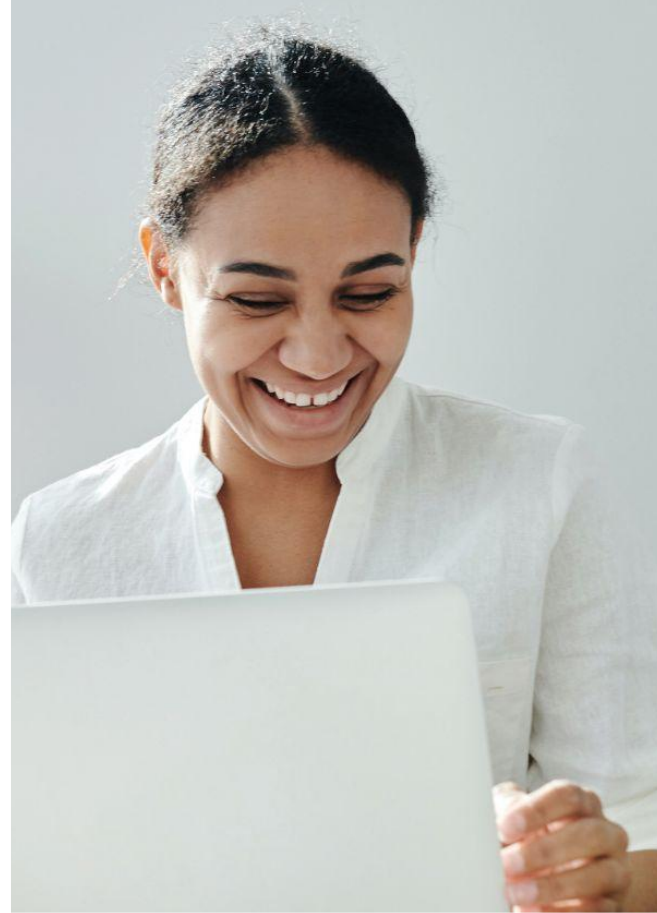
96% of members stay with their recommended Spring Health provider.

Ultimately, it is up to your provider whether or not they will join **Spring Health**. Our talented clinical recruiters are skilled in onboarding the best providers.

Become a Spring Health provider

What to do when your patient wants you to join Spring Health.

Clinicians work with Spring Health because we do more than source clients and coordinate scheduling and billing for them. We're a community built for and by mental health professionals — backed by scientific research, grounded in clinical quality, and defined by unparalleled support.



Spring Health offers:

- **Flexibility.** Practice anytime, anywhere, virtually or in person.
- **Collaborative care.** Learn, connect, and grow with your fellow providers.
- **Less burden.** Focus on care delivery — not administrative tasks or overhead fees.
- **Supplemental income.** Get paid per visit, including no-shows.

You have:

- **Experience.** Credentialed with a fully independent clinical mental health license.
- **Training.** Substantial experience in evidenced-based practices.
- **Tech Savviness.** Comfortable with technology and telehealth.
- **Commitment.** Dedicated to quality clinical care and client improvement.

How did you hear about Spring Health?

- Select One
- Internet Search
- Indeed
- Glassdoor
- LinkedIn
- Spring Health Internal Referral
- Spring Health Provider Referral
- Other
- Social Media
- Accounting and Bookkeeping Event
- Blog Post
- Teletherapist Network
- Patient Referral

How to apply

- 1 Visit springhealth.com/providers/
- 2 Click "Apply Today"
- 3 Select the position most appropriate for you and click the green "Apply" button
- 4 Complete the entire application and note that you heard about us from a "Patient Referral"

Join today

High-potential applicants can expect to hear back from Spring Health within two business days. You'll begin our vetting process, which includes a comprehensive evaluation, background checks, credentialing, and onboarding. [Apply now](#)

Have questions?

Contact providerops@springhealth.com