



**Validation**Institute

# 2025 Validation Report

**Review for: Spring Health**  
**Validation Achieved: Savings**  
**Valid through: May 2026**



# Company Profile

# Spring Health

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<b>Category:</b>	<b>Behavioral Health</b>
<b>Website:</b>	<a href="https://www.springhealth.com/">https://www.springhealth.com/</a>
<b>Public or Private:</b>	Private
<b>Year Established:</b>	2016
<b>CEO:</b>	April Koh
<b>Company contact:</b>	sales@springhealth.com

## Description provided by the company:

**Spring Health** is a comprehensive mental health solution for employers and health plans. Unlike any other solution, we use Precision Mental Healthcare to seamlessly pinpoint and deliver exactly the right fit for each person - whether that's digital support, meditation exercises, coaching, therapy, medication, and beyond.





# Claim Assertion of Validation

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Spring Health demonstrates a positive return of investment for healthcare buyers. People who use Spring Health services have lower medical costs and lower employee turnover than similar people who have the same mental illness diagnosis and who do not use Spring Health services. Participants who have chronic pain, diabetes, gastrointestinal conditions, hypertension, or chronic obstructive pulmonary disease show greater savings than participants who do not have these illnesses, and greater than the participant group average savings per member year.





# Method / Calculation / Examples

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Spring Health program participants were matched to similar non-participants on their

- mental health diagnosis
- month of diagnosis
- medical risk score
- age
- sex
- Pre-launch mental health treatment history

Spring Health participants (N=10,802) and matched non-participants (N=21,097) had to have at least six months of health insurance enrollment before their diagnosis month. Mental health diagnoses were grouped into four types: mood, anxiety, substance use disorder, and other. (SUD and other made up less than six percent of both groups.)

A person was counted as a Spring Health participant if they enrolled and had at least one psychotherapy or medication management session. All members with at least one month of participation were included, and results reflect only the months of their enrollment (member months).

Using medical claims data and Spring Health cost data, net savings were calculated from both a participant-year view and a program-year view. The participant-year view was each participant's diagnosis month and the 12 months before and 24 months after diagnosis. Savings were calculated by comparing the changes in spending between the Spring Health group and

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# Method / Calculation / Examples

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matched control group after the mental health diagnosis (difference in differences). Net savings were also broken out into mental health spend (a mental health diagnosis attached to the visit) or physical health spend (no mental health diagnosis attached to the visit).

In contrast, the program-year view calculated savings from the single program launch date. The program-year savings shows the effect of members joining or dropping out of the program during the year. For each month, the costs of the Spring Health and the matched control group are compared and the difference calculated. The program year savings is the total of each month's difference.





# Method / Calculation / Examples

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The Spring Health and matched groups were sorted into groups of the following conditions:

- Chronic Pain
- Diabetes
- Hypertension (high blood pressure)
- Gastrointestinal Disorders
- Asthma / COPD

If a person had one of these diagnoses during the study period (ranging from one year prior to diagnosis date up to 36 months post-diagnosis date), they were assigned to the sub-group. The PMPM total medical costs were calculated for each group, and the change from pre- to post-periods were compared to one another.

The Return On Investment was calculated by taking the gross savings for the health plan, from improved retention, and from fewer days missed from work as a ratio to the program costs.



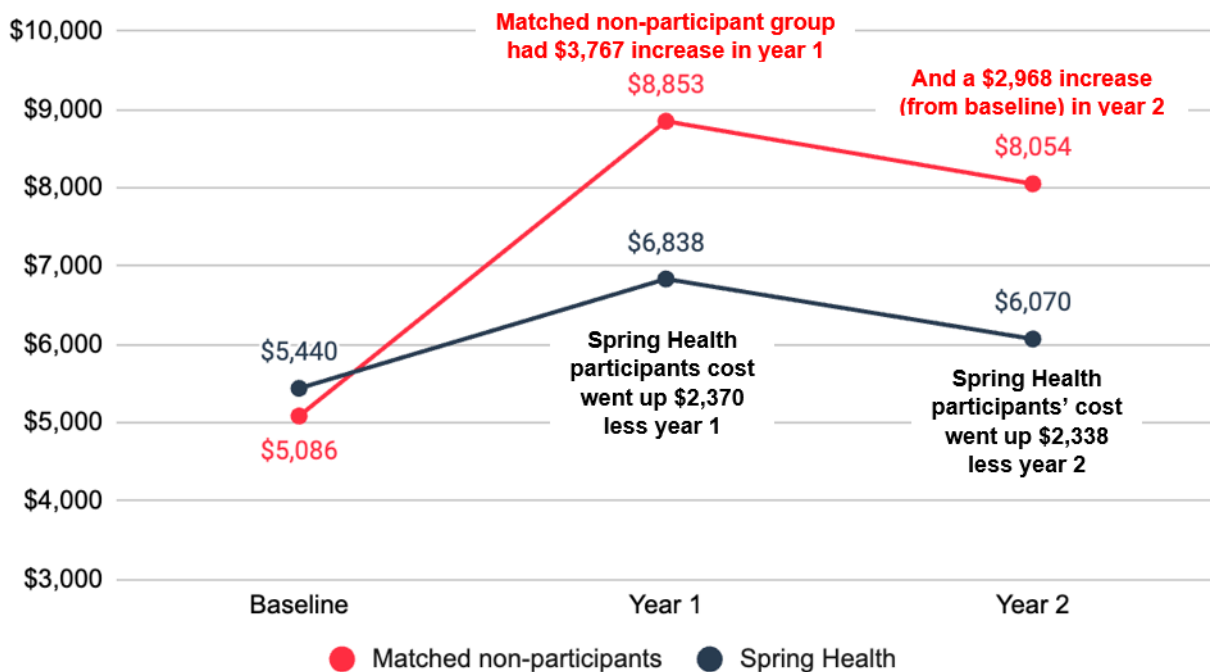


# Findings & Validation

## Participant-Year Health Plan Savings

Graph 1 shows the net per-member-per-year costs pre- and post-diagnosis for the Spring Health participants and the matched controls. Graph 2 shows the total savings across the first 2 years after engaging with Spring Health. Spring members saved \$2,370 relative to matched controls in year 1 and \$2,338 in year 2, for a total savings of \$4,707 across the first two participant-years.

### Per-Member-Per-Year Spending



Graph 1: Comparison of Spring Health PMPY change to Matched Group PMPY change

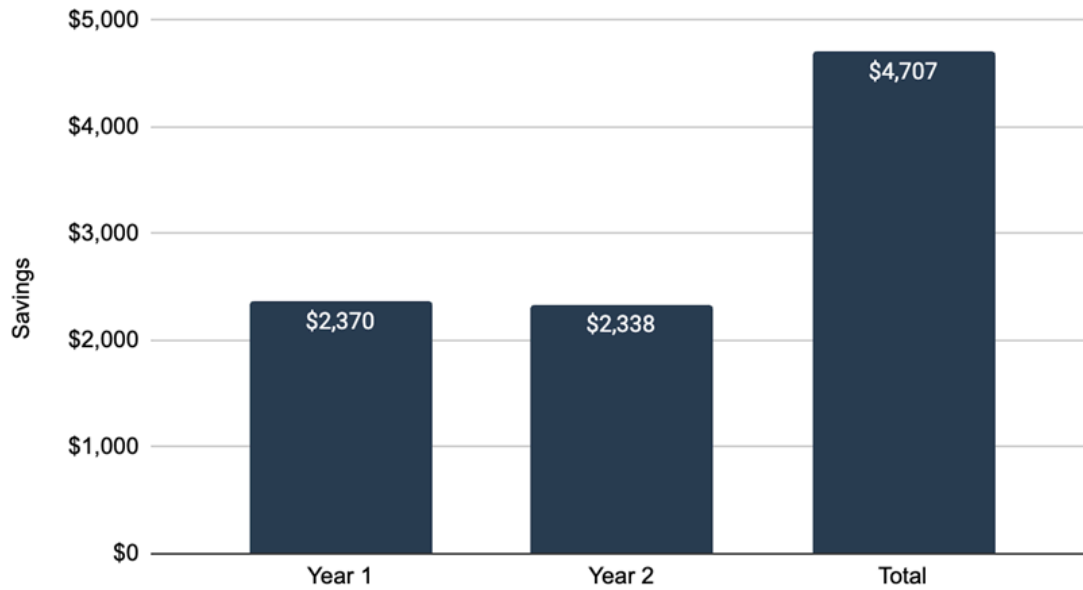




# Findings & Validation

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Savings by Participant-Year



Graph 2: Total Savings by Year of Participant Engagement



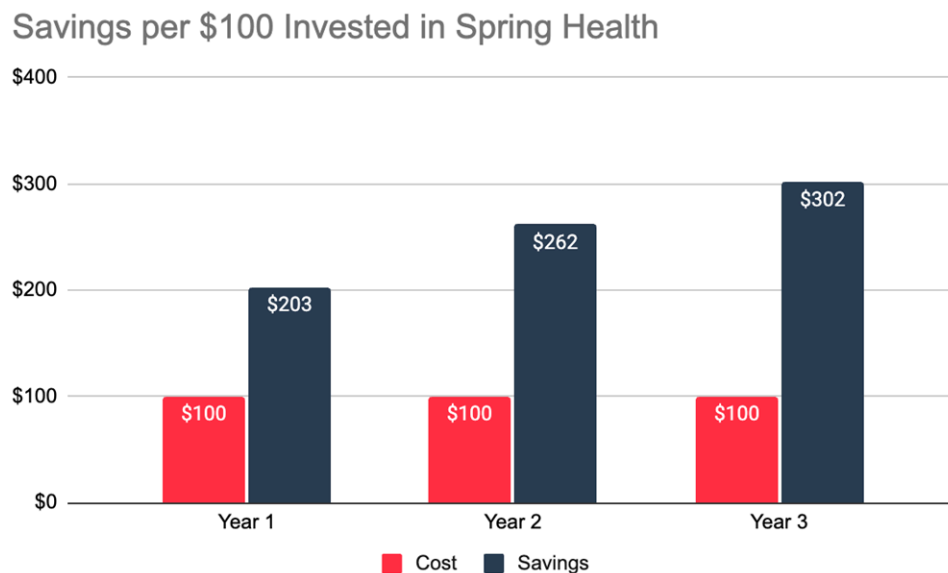


# Findings & Validation

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## Program-Year Health Plan Savings

Graph 3 shows that Return On Investment increased over all three years of follow-up. The ROI (gross savings / total costs) for the first three years of the program were 2.0x, 2.6x, and 3.0x.



Graph 3: Savings per \$100 Invested in the Spring Health Program

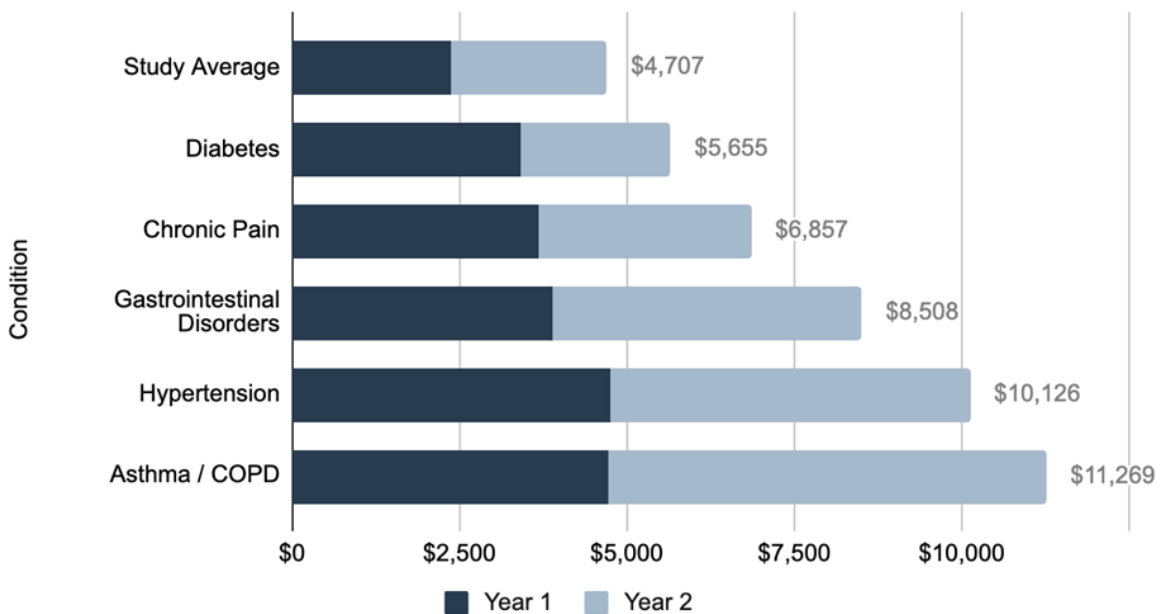


# Findings & Validation

## Chronic Health Conditions

Spring Health participants with chronic conditions savings compared to matched controls with the same conditions ranged from 1.2 to 2.4 times higher the average savings, with the largest savings observed for participants with gastrointestinal conditions, hypertension, and COPD. Sample sizes ranged from 790 Spring participants with diabetes to 2938 Spring participants with chronic pain. See Graph 4 for total savings by chronic condition.

Savings by Chronic Condition



Graph 4: Change in Total Medical PMPM for Chronic Conditions

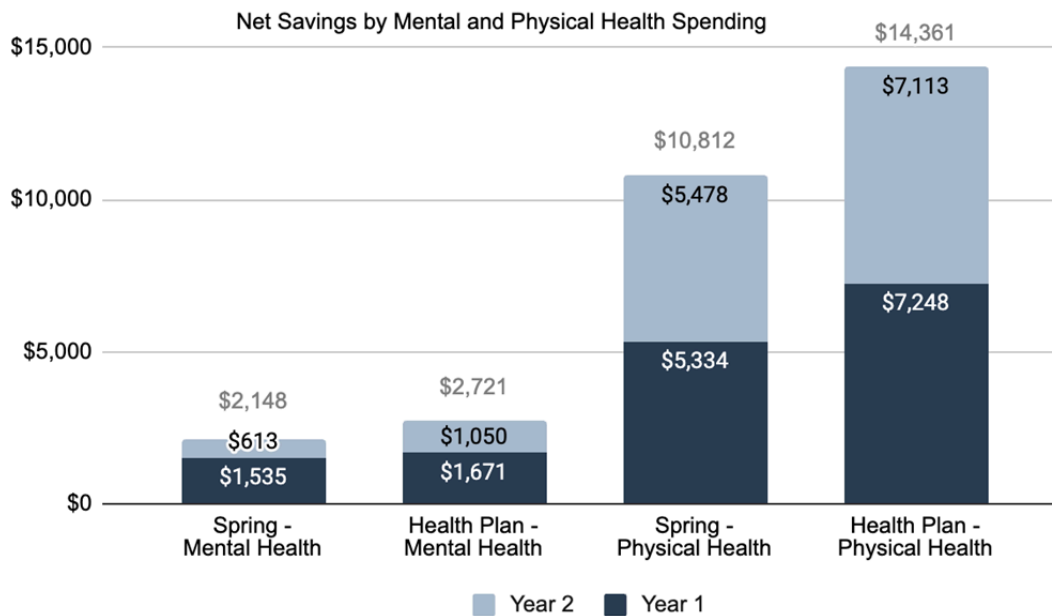




# Findings & Validation

## Savings by Mental and Physical Health Spend

In the post-period, per-member-per-year spending was lower for both mental health and physical health, despite the investment in the program. In two years of follow-up, the average Spring Health patient had \$2148 in mental health costs versus \$2721 for the matched control, corresponding to 21% net savings (difference = \$573). Savings were driven by reduced need for longer-term follow-up, as \$437 of the \$573 savings occurred in year 2. Physical health savings was larger than mental health savings, with the average Spring Health participant spending 25% less (\$3549) than the average matched control through two years of follow-up.



Graph 5: Per Member Per Year Mental and Physical Health Spending by Group





# Limitations

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In any comparison of two matched groups, a factor that was not taken into consideration or cannot be measured may explain part of the difference between the groups' performance.





# Validation and Credibility Guarantee

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**Spring Health's services** achieved validation for **Savings**. Validation Institute is willing to provide up to a \$50,000 guarantee as part of their Credibility Guarantee Program. To learn more, visit

<https://validationinstitute.com/credibility-guarantee/>

## Program Validation

Program has strong evidence of significant impact on both patient outcomes and on medical costs. Evidence is assessed based upon the certainty it provides that the result is due to the program and not to other factors, such as recruiting people to participate in the program who are most likely to succeed.

## Savings

Can reduce health care spending per case/participant or for the plan/purchaser overall.

## Outcomes

Product/solution has measurably improved an outcome (risk, hba1c, events, employee retention, etc.) of importance.





# CERTIFICATE OF VALIDATION

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**Applicant:** Spring Health  
New York City, NY 10001, US

**Product:** Spring Health services

**Claim:** People who use Spring Health services have lower medical costs and lower employee turnover than similar people who have the same mental illness diagnosis and who do not use Spring Health services.

**Validation Achieved:** Validated for Savings

**Award Date:** August 2023

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**Linda Riddell**  
**Chief Data Scientist**  
**Validation Institute**

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**Al Lewis**  
**Chief Executive Officer**  
**Validation Institute**





# About Validation Institute

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**Validation Institute** is a professional community that advocates for organizations and approaches that deliver better health value - stronger health outcomes at lower cost. We connect, train, and certify health care purchasers, and we validate and connect providers delivering superior results. Founded in 2014, the mission of the organization has consistently been to help provide transparency to buyers of health care.

## Validation Review Process

Validation Institute has a team of epidemiologists and statisticians who review each program. The team focuses on three components:

- Evidence from published literature that a similar intervention had similar results.
- The reliability and credibility of the data sources.
- The rigor of the approach to calculating results.

To achieve validation, the program has to satisfy each of these components. VI's team then summarizes the review into a report which is publicly available. Details of VI's review are available with the program's permission.

