

How to Continue Coaching with Spring Health

Equity-League Health Trust Fund sponsors 8 coaching sessions per year for all Cigna plan participants and their eligible covered dependents. Here's how to continue care after using your annual allotment of covered sessions.

After completing most of your covered coaching sessions, you'll receive an email from your Spring Health Care Team with a reminder of how many sessions you have left for the year. You'll receive a second email notification as you approach your final session.

At this point, our Care Team will offer to discuss next steps with you. You'll need to decide whether you'd like to continue care with Spring Health or with another coach outside of the Spring Health network.

Continuing care with Spring Health

If you choose to continue care with your current Spring Health coach, all sessions must be scheduled through the Spring Health platform. Please note that any coaching sessions beyond the sponsored sessions will be 100% out-of-pocket, as coaching is not covered under in-network benefits. If you have questions about session costs, our Care Team is available to assist you.

Continuing care outside of Spring Health

If you decide to continue care outside of Spring Health, please notify our Care Team. They will connect you with a Referral Concierge Specialist who can help you find external coaches based on your needs, preferences, and insurance coverage. To ensure a smooth transition, our team will provide a warm introduction to your new coach.



Questions?

Contact Spring Health:

1-855-980-0380

M-F, 8:00am-11:00pm ET