

# How to register for Spring Health

UA Benefits

[ua-benefits@alaska.edu](mailto:ua-benefits@alaska.edu) | (907) 450-8242

[alaska.edu/benefits](https://alaska.edu/benefits)



Over 22 million people covered

# Find an in-network therapist in minutes, not months

- ✓ Browse providers who check all your boxes
- ✓ Get care as soon as tomorrow
- ✓ Online and in-person therapy as low as \$0

Location

Alaska

Payment

Premera Blue Cross

Find care



- First time registration must be done from the web (not the Spring Health mobile app)
- Members must use this link [www.springhealth.com/connect](http://www.springhealth.com/connect)
- Enter in your state and your payment method (Premera Blue Cross)
- Click Find Care

*If you do not see the “Find Care” section above, move ahead to Slide 9 to confirm you are in the correct location.*



Spring Health Insurance cost estimate Sign in

Preferences
Next 3 days
Premera Blue Cross
Session
Setting
Your age
Availability
Gender
Ethnicity

**Top therapists in Washington who accept Premera Blue Cross**



**Regina Brown**  
 LCPC • Individual therapist  
 Accepts your insurance: Premera Blue Cross  
 ADHD, Abuse (sexual, emotional, physical), Depression, 7 more

My philosophy is that each client is different although they may have similar issues or problems. I believe that my counseling style is eclectic, as to meet each client's individual needs. My purpose is to help identify my client's goals and assist in empowering the individual to make those positive changes in their...

Next available Thursday, Feb 12 at 11:00AM  
Virtual sessions

Open profile
Book session



**Tekla Barrett**  
 LMFT • Individual therapist  
 Accepts your insurance: Premera Blue Cross  
 Abuse (sexual, emotional, physical), Generalized Anxiety, Grief, OCD, 6 more

I use a client-centered, strengths-based, and non-judgmental approach to therapy, with a strong focus on mindfulness. My style is direct, honest, and expressive, and sessions are interactive, with meaningful back-and-forth dialogue. We work collaboratively to explore what feels most supportive and effective for you. I...

Next available Thursday, Feb 12 at 11:00AM  
Virtual sessions

Open profile
Book session

**What can we help with?**  
 Chatting will help match you with providers that fit your preferences.

Examples of recent feelings

I'm feeling nervous and self-conscious in social situations

I'm feeling overwhelmed by constant, everyday worries

Examples of what you're looking for

I want a therapist who understands my culture

I want a therapist who is proactive about challenging me to be better

Share in your own words...

This uses AI and may not always be right. [Learn more](#)

- To register you will need to book an appointment
- Find a provider that fits your needs. Click “Open Profile” to learn more about the provider and to see additional times/dates they are available.





### Kenya Boson

Individual and couples therapist • LPC

Virtual

As a culturally competent, client-centered therapist I provide unconditional support and a safe space for people experiencing overwhelming life transitions that can lead to stress. I specialize in treating anxiety, depression, maternal mental health, employment issues, marital/couple conflict or communication, family relational problems, academic or educational problems, LGBTQA and BIPOC concerns, as well as transition/relocation issues for veterans and military families.

#### Care Specializations

- Abuse (sexual, emotional, physical)
- Autism Spectrum Disorders
- Bipolar Spectrum Disorders
- Depression
- Generalized Anxiety
- Grief
- PTSD
- Panic
- Perinatal Mood and Anxiety
- Personality Disorders

See all 14 specializations

#### Book your session with Kenya

Individual Therapy Virtual

THU Feb 19 FRI Feb 20 SAT Feb 21

7:00 AM

8:00 AM

Virtual session  
Thursday, February 19 7:00 AM

Book virtual



#### Estimated in-network session cost

\$0 - \$50

This amount is based on common insurance plans. Coverage can vary, so check with your insurance provider to confirm your benefits.

- Review the profile and confirm your dates/time on the right by selecting the time that works best for you and selecting “Book Virtual”





### Just two steps left to book your session

- ✓ Choose your session details
- 2 Sign in or create your account
- 3 Add your insurance or payment details

Enter your email to continue

example@email.com

Continue



**Regina Brown**

LCPC

 February 12, 2026 • 11:00 AM PST

 Individual therapy session

 Virtual session

 Charged following session

- From there, you will be prompted to provide your email address to create your account. Follow the prompts to generate your login information.



## Finish booking your session with Regina

### 1 Choose your coverage

I'll pay for myself

#### Insurance

Insurance is not guaranteed to cover all appointment costs. After your session, insurance will be processed and any amount owed will depend on your plan type.

Primary insurance carrier

Member ID

Premera Blue Cross

ABC123456789

Save and continue

### 2 Add a payment method to reserve your spot



**Regina Brown**

LCPC

 February 12, 2026 • 11:00 AM PST

 Individual therapy session

 Virtual session

 Charged following session

#### Worry-free booking

You can cancel or reschedule for free up to 24 hours before your session. You will be charged \$42.50 for missing it or cancelling within 24 hours.

- After you finish creating your account, provide coverage information for your UA Choice medical plan



## Finish booking your session with Regina

✓ Choose your coverage

I'll pay for myself

<input checked="" type="radio"/> Insurance	Carrier	Member ID
	Premera Blue Cross	PBV600479689

[Edit insurance details](#)

2 Add a payment method to reserve your spot

You will not be charged now. A payment method is required to hold your time and to bill any costs after your session is complete.

Credit, debit, or HSA/FSA card 🔒 Payments are secure and encrypted

Card number MM / YY CVC

By clicking book, you confirm that you have read and agree to Spring Health's [Payment policy](#).

Book session with Regina



**Regina Brown**

LCPC

📅 February 12, 2026 • 11:00 AM PST

👤 Individual therapy session

🖥️ Virtual session

💰 Charged following session

Worry-free booking

You can cancel or reschedule for free up to 24 hours before your session. You will be charged \$42.50 for missing it or cancelling within 24 hours.

- Enter your payment method to reserve your appointment. You will not be charged until after your appointment.





## Nice job booking your first session!

We've shared your details with Regina Brown and will send a calendar invite for your session.

Meanwhile, help Regina learn more about you by taking an initial assessment.

[Start assessment](#)

[Add to calendar](#)

[Manage session](#)



**Regina Brown**

LCPC

 February 12, 2026 • 11:00 AM PST

 Individual therapy session

 Virtual session

 Charged following session

- After registering, members can log into the Spring Health app and receive care through the app or can use the web browser version by visiting [www.springhealth.com/connect](http://www.springhealth.com/connect)



- Be sure you're logging into the correct location! Spring Health also has an Employee Assistance Program (EAP) solution. Use only [www.springhealth.com/connect](http://www.springhealth.com/connect) to create your account with Spring Health
- A quick way to determine if you are in the right spot is to confirm you are able to select "Find Care" as shown on the previous slide. If you have to select "Get Started" please type in [www.springhealth.com/connect](http://www.springhealth.com/connect) into your browser and try again.
- If you need help signing up for your account, please don't hesitate to reach out to [ua-benefits@alaska.edu](mailto:ua-benefits@alaska.edu) or (907) 450-8242.

