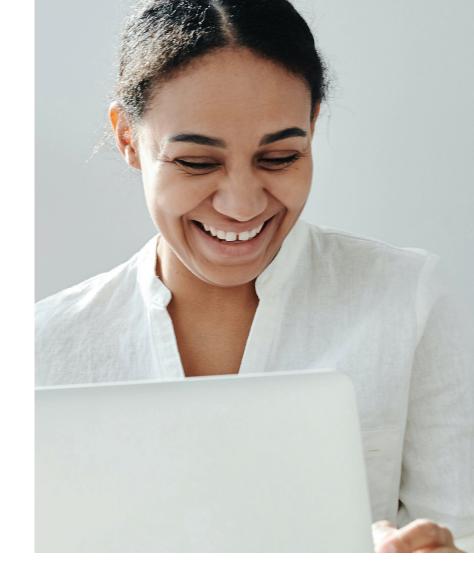




Life is easier with the right support.

Your mental well-being benefit powered by **Spring Health** offers confidential access to:



Free therapy and coaching

6 sessions of each per year for you and your family.

Personalized care plans

Get the right care for your needs.

Dedicated support

Your Care Navigator will provide guidance.

Diverse providers

Choose a therapist you can relate to.

Well-being exercises

Digital exercises to improve mental well-being.

Work-life services

Resources to help you navigate life's challenges.

Medication management

Prescribers to manage medications as needed.

"I just had my first session...I already feel a sense of relief and hope that I haven't felt in a long time."

Spring Health Member

Learn more and get started: trinityhealth.springhealth.com **Contact Spring Health:** 1-855-629-0554 | careteam@springhealth.com

Spring Health is available at no cost to all Trinity Health colleagues and their household members (age 6+).

Your care with Spring Health is private and confidential.

