# spring health



# Support for You and Your Family

Spring Health is your personal mental health benefit that offers confidential access to:



### Wellness exercises

Digital exercises for stress relief, better sleep, and more.



### Personalized care

An online mental health assessment finds the right care for you and tracks your progress.



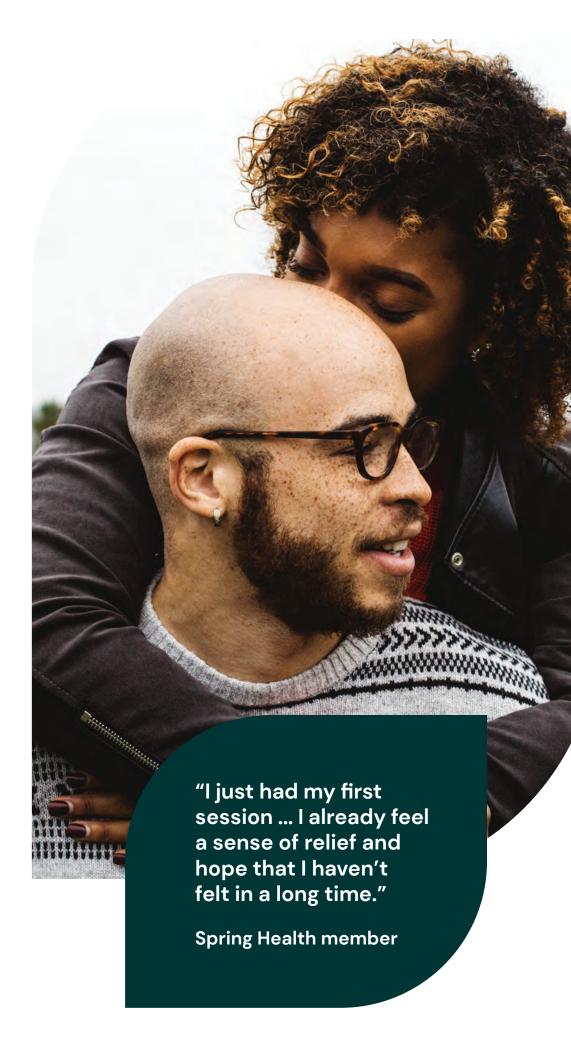
### **Confidential therapy**

Meet with a trusted therapist in as soon as two days. Get up to 10 free sessions per person, per year.



### Work-life services

Resources and experts to help you navigate life's challenges.





### Dedicated support

Your Spring Health Care Navigator is a licensed clinician who guides your journey.



## Coaching

Set and reach goals, create healthier habits, build new skills, and more.

### **Get Started Today**

Visit brownu.springhealth.com or scan the QR code Work-life access code: brownu

### **Contact Spring Health**

1–855–629–0554 (M-F, 8am–11pm ET) | careteam@springhealth.com

Press 1 for support in Spanish Press 2 for crisis support (24/7)

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Your care with Spring Health is private and confidential.