



Support for Achieving Your Best

Spring Health work-life services offer you and your family support for both work and personal life, including legal services, financial services, and guidance on and resources for elder/adult care, travel, child care, education, pet care, and more.

Work-life resources are:

- Confidential
- Available at no cost to you*
- Accessible online, by phone or email 24/7

Who can access Spring Health and work-life support?

Spring Health is available to all benefits-eligible Brown University employees and their covered dependents age 6+.*



Get started at brownu.springhealth.com
Enter work-life code: **brownu**



Call the Care Team
1-855-629-0554, option 3 and ask for work-life services.



Spring Health work-life services are offered to you through your Brown University benefits. The service is staffed by professionals who are completely independent of your employer. They are bound by professional standards regarding confidentiality, and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your employer.

*Work-life resources and expert consultations are available at no cost. Specialized services or referrals may be subject to hourly or flat fees.