

Taking a Moment for Your Wellbeing, Made Easier

We know how hard it can be to take a moment for yourself. That's why we've added Moments—our library of on-demand, self-help exercises—to your Spring Health care plan, so you can see when self-guided care is recommended to you.

To get started, simply log in to your Spring Health account, complete an assessment, and we'll show you at what point of your mental wellbeing journey we think Moments will support you best—so you can feel your best.



NEW! Unlimited access – anytime, anywhere – on mobile and desktop

Tap into Moments directly from the Spring Health mobile app or your desktop, for on-demand relief whenever you need it—at home or on-the-go, at no cost.



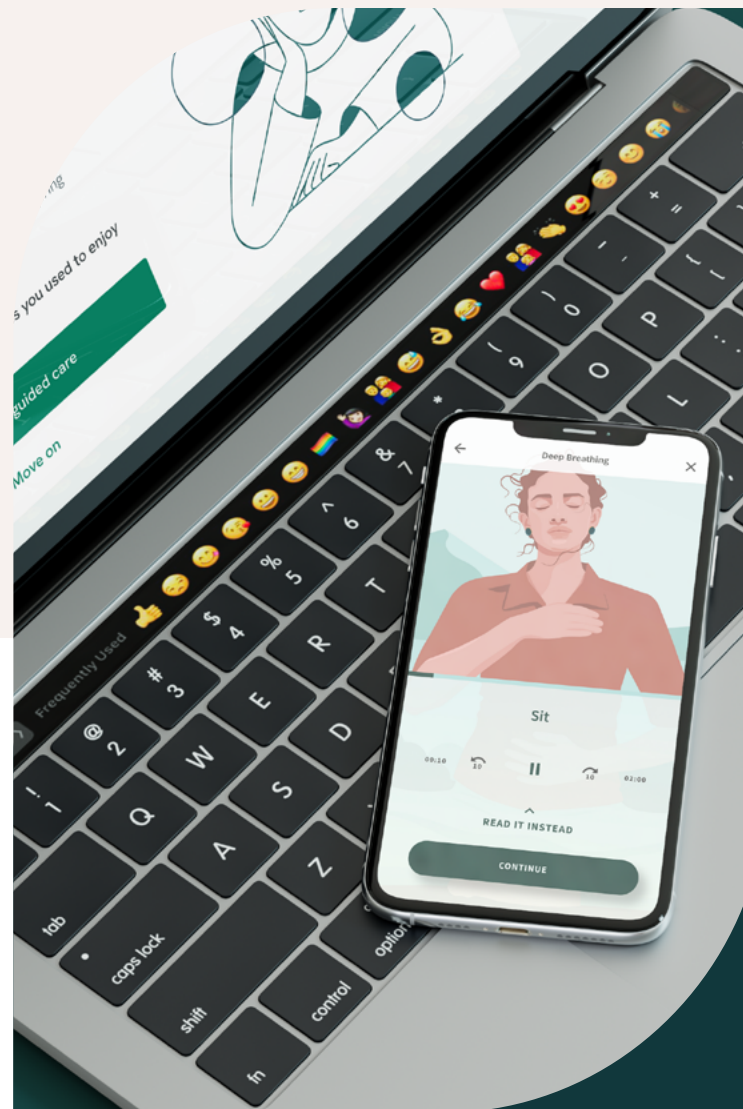
The perfect supplement to your mental wellbeing journey

Leverage Moments exercises to help support your progress outside of therapy sessions.



Part of your personalized care plan

Spring Health will recommend Moments at the right time for you, based on your most recent assessment results.



Backed by research, proven to work

Moments exercises have been heavily vetted through clinical trials to ensure effectiveness

87% of users saw improvement in anxiety symptoms

40% reduction in symptoms for eating disorders

30% immediate symptom reduction across conditions



Get Started

- 1 Create or log in to your Spring Health account—confidential and available at no cost.
- 2 Complete an assessment, so we can recommend Moments in your care plan.
- 3 Access Moments from the Spring Health mobile app or your computer.
- 4 Start feeling better by taking a Moment (or more) when you need it most.

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| ✓ Anxiety | ✓ Focus |
| ✓ Depression | ✓ Emotions |
| ✓ Relationships | ✓ Substance Use |
| ✓ Burnouts | ✓ Personal Growth |
| ✓ Sleep | ✓ Exercise |
| ✓ Eating | ✓ Mindfulness |

Get started today at abk.springhealth.com or by connecting with your Care Navigation team at careteam@springhealth.com or 1-855-629-0554

Your care with Spring Health is private and confidential.