

Life is easier with the right support.

Whatever you're experiencing, there's no need to carry it alone. You now have Spring Health, a mental health and wellbeing benefit available through ABK, at no cost to you.



With Spring Health, you and your spouse or domestic partner and children (age 6–26) can access:



Free therapy

Up to 10 therapy sessions per year are available to you and your spouse or domestic partner and children (age 6–26) at no cost to you



Personalized care plans

Our short online assessment will guide the creation of your personalized mental wellness care plan



Dedicated support

Your Care Navigator can help you find the right therapist, schedule appointments, and provide guidance throughout your care



Diverse providers

Find a therapist you can relate to across specialty, gender, ethnicity, language, and more



Wellness exercises

On-demand access to a library of self-guided exercises to improve your mental wellbeing



Work-life services

Talk to experts and find resources for legal assistance, financial services, child and elder care, travel and more



Activate your account
abk.springhealth.com
Work-life code: abk

Contact Spring Health
careteam@springhealth.com
1-855-629-0554
Monday-Friday, 8:00am-11:00pm ET

Your care with Spring Health is private, confidential, and available at no cost to ABK employees and their spouses, domestic partners and children (age 6–26).