

# 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 wellness benefit available through Saint Francis Health System, at no cost to you.



## With Spring Health, you and your family can access:



### Free therapy

Up to 6 therapy sessions per year are available to each family member 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



### Coaching

Up to 6 coaching sessions per year are available with professional coaches who help you set and meet goals around managing stress, relationships, focus, and more.



### Diverse providers

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



### Work-life services

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



### Medication management

Meet with prescribers who can manage many of your medications during care when needed



Activate your account  
[sfhs.springhealth.com](https://sfhs.springhealth.com)  
Work-life code: sfhs

Contact Spring Health  
[careteam@springhealth.com](mailto: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 Saint Francis employees\* and their household family members age 6+.