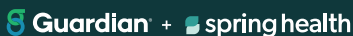


 Guardian +  spring health

Whole Self, Whole Health

Spring Health—your mental wellness benefits provider can help you navigate and prepare for whatever comes your way with wellness exercises, therapy and more.





Getting started with Spring Health is easy

- 1 Go to guardianbenefits.springhealth.com, click "Create My Account,"
- 2 Then, provide your legal name, date of birth, and email address.

Your care with Spring Health is private and confidential.



At no cost, you can use Spring Health for:



Care Navigation



Therapy (including virtual options)



One-to-one coaching



Medication management



In-app wellness exercises



Crisis support

Activate Spring Health

Scan or go to:
guardianbenefits.springhealth.com

Contact a Care Navigator:
careteam@springhealth.com
1 (855) 629-0554
(option 2 for crisis support)

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