

Meet your new mental wellness benefits

Get the tools and support you need to help you live a happier, healthier life.

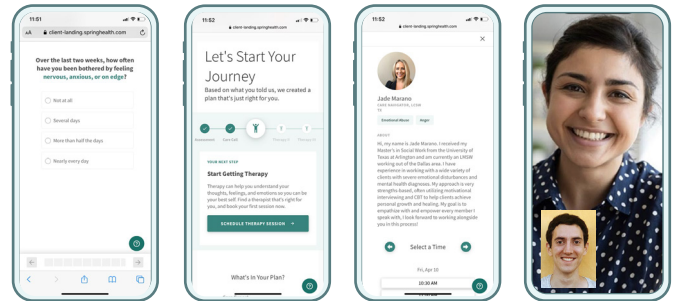
Just like exercising regularly or going to the doctor for an annual check-up, prioritizing your mental health is key to supporting your overall health. To help you, Guardian has partnered with Spring Health to provide personalized access to mental health care quickly. Wellness benefits range from online exercises to deal with day-to-day stressors to in-person or virtual licensed therapy — all clinically proven to improve your overall well-being.* Take care of your mental wellness and get support that is fast, effective, and comes at no cost to you.

What does it cover?

- Confidential in-person and virtual therapy
- On-the-go mental wellness exercises with *Moments*
- A personalized care plan specific to you
- Dedicated, ongoing support from licensed Care Navigators
- In-network medication management providers when appropriate
- 30-minute coaching sessions with a Life Coach

Why should I consider it?

- 100% confidentiality — your information is never shared with your employer
- Immediate access — average of 1.1 days to first appointment
- Real results — 86% of members report full recovery
- Network diversity — with 80% of Care Navigators identifying as Black, Indigenous, or People of Color (BIPOC); 37% specializing in LGBTQ+ issues; 15 unique racial groups represented; 13 languages spoken fluently



Comprehensive Assessment

Personalized Care Plan

Dedicated Care Navigator

Access to Care

How to get started

Activate your benefits and start using them today — there is no enrollment period. Go to guardianbenefits.springhealth.com or search for “Spring Health Mobile” in your app store.

Once you create your account, you will need to complete a short online assessment to help Spring Health understand your needs and create a care plan personalized for you. Then set up time to speak to your dedicated Care Navigator who will answer questions about your care plan, provide referrals, and recommend next steps.

Need more information?

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

Learn more about your new wellness benefits and sign up today at guardianbenefits.springhealth.com