

# Coming soon

We are excited to announce that Guardian has partnered with Spring Health to bring new mental wellness benefits to you. Starting on

you

will have access to personalized mental health services offered by Spring Health.

## What is Spring Health?

Spring Health offers a suite of mental health services that take a personal approach to getting you the support you need, faster.

Spring Health starts with an online assessment to find the care options right for you. Your dedicated Care Navigator, a licensed clinician, can explain your options, give advice, connect you to therapists, and set appointments. In-network providers are also available for medication management during your care as needed.\*

Spring Health also offers support through *Moments*, a library of digital wellness exercises to improve mental well-being, professional coaching to help with setting and reaching goals, and ongoing check-ins available with your Care Navigator.

## How much will this cost?

Nothing. We have partnered with Guardian and Spring Health to provide **employees**

with up to

total therapy visits covered at no cost each year.

We know privacy is a concern, especially when it comes to your mental health. That's why we want to assure you that Spring Health is 100% confidential.

**Stay tuned and get ready to take advantage of the support available through your new mental wellness benefits coming soon.**

