

Leadership message

We get so busy with work schedules and creating time for family and friends, it's difficult to take time and focus on ourselves. However, the pandemic has highlighted that mental well-being has never been more important to our overall health.

I'm excited to announce that Guardian has partnered with Spring Health to bring new mental wellness benefits that provide **you**

with mental health care matched to your needs.

Your mental wellness benefits include:

- **Personalized care.** Take an online mental health assessment designed to find the right care for your needs, and help track your progress too.
- **Dedicated support.** Your Care Navigator is a licensed clinician who takes away the guesswork during care. They help find the right therapist, set appointments, give advice, and offer emotional support.
- **Confidential therapy.** Meet with a trusted therapist in as soon as two days — **you** have total therapy visits covered at no cost by your employer.
- **Diversity.** You have choices in a provider network made to be as diverse as the people they support. Find a therapist across specialty, gender, ethnicity, language, and sexual orientation.
- **Medication management.** Meet with in-network prescribers who can manage your medications during care when needed.*

- **Wellness exercises.** Use *Moments*, an on-demand library of self-guided exercises to improve mental well-being, with programs for anxiety, burnout, better sleep, and more.
- **Coaching.** Professional coaches can help you set and meet goals around managing stress, relationships, focus, and more.
- **24/7 crisis support.** Access to confidential, emotional support at no cost, 24 hours a day, 7 days a week. Call 855-629-0554, choose option 2.

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

I encourage you to take advantage of the support available through your new mental wellness benefits. You can get started easily by activating your account at guardianbenefits.springhealth.com.

Best,