

Mental well-being benefit – key messages for leaders

May 1, 2023



Taking care of your mental well-being is more important than ever. We are excited to share that we will introduce a new mental well-being benefit, powered by Spring Health, that will provide our colleagues and their families access to high-quality support when it's needed most. The new mental well-being benefit is available at no cost to all Trinity Health colleagues and their household members (age 6+) and offers access to six (6) free therapy sessions per calendar year, personalized care, diverse providers, self-guided wellness exercises, coaching, medication management, work-life services, and more.

As a leader, we encourage you to attend upcoming leader live webinars to learn more about this new benefit, and to take advantage of the support available through Spring Health.

Spring Health 101: Leader Webinars (all people leaders)

- Wednesday, April 12 from 11 a.m. – 12 p.m. ET: [Join Webinar](#) | [Add to Calendar](#)
- Thursday, April 13 from 3 – 4 p.m. ET: [Join Webinar](#) | [Add to Calendar](#)
- Tuesday, April 18 from 8 – 9 a.m. ET: [Join Webinar](#) | [Add to Calendar](#)
- Thursday, April 20 from 1 – 2 p.m. ET: [Join Webinar](#) | [Add to Calendar](#)

Key Resources to Share

- The new mental well-being benefit will be available May 1, 2023 and will replace and enhance the resources that are currently available through Carebridge.
- Please visit the [mental well-being leader resource page](#) for additional tools and resources to help you recognize mental well-being concerns, approach critical incidents, and identify when to refer colleagues to access the resources through Spring Health.

Use these talking points in discussions with your team this month:

- **Is the care I receive through Spring Health confidential?**

Your care with Spring Health is always private and confidential. No information will be shared with Trinity Health without your written consent, except by court order or as provided by law.

- **What do I do if I am currently utilizing the resources with Carebridge?**

You should continue to utilize the services through Carebridge through April 30. Carebridge will help to transition colleagues to Spring Health beginning May 1, 2023. Impacted colleagues will receive a separate mailing with additional transition of care information and next steps. Regardless of how many sessions were used with Carebridge, all colleagues and their family members will have six (6) free therapy sessions available for the remainder of 2023.

- **Are there live webinar opportunities to learn about the new mental well-being benefit?**

The Total Rewards Benefits & Well-being and Spring Health teams will host live webinars throughout the month of May. The presentation will focus on the new tools and resources available, how to quickly access confidential mental well-being support, and allow time for Q&A. Encourage your colleagues to attend one of the Teams Live events below. All sessions will be recorded and shared in communications for colleagues who are unable to attend live.

Spring Health 101: Colleague Webinars

- Tuesday, May 2 from 9 – 10 a.m. ET: [Join Webinar](#) | [Add to Calendar](#)
- Thursday, May 4 from 3 – 4 p.m. ET: [Join Webinar](#) | [Add to Calendar](#)
- Tuesday, May 9 from 8 – 9 a.m. ET: [Join Webinar](#) | [Add to Calendar](#)
- Thursday, May 11 from 9 – 10 a.m. ET: [Join Webinar](#) | [Add to Calendar](#)
- Tuesday, May 16 from 7 – 8 a.m. ET: [Join Webinar](#) | [Add to Calendar](#)
- Thursday, May 18 from 3 – 4 p.m. ET: [Join Webinar](#) | [Add to Calendar](#)
- Tuesday, May 23 from 11 a.m. – 12 p.m. ET: [Join Webinar](#) | [Add to Calendar](#)
- Thursday, May 25 from 1 – 2 p.m. ET: [Join Webinar](#) | [Add to Calendar](#)
- Tuesday, May 30 from 6 – 7 p.m. ET: [Join Webinar](#) | [Add to Calendar](#)

- **How do I get started using the new mental well-being benefit?**

Beginning May 1, 2023, get started by visiting trinityhealth.springhealth.com and enter work-life code: **trinityhealth**. For questions or support, call **1-855-629-0554** or email careteam@springhealth.com.