

NEW mental well-being benefit

- **Go-live: May 1, 2023**
- Powered by Spring Health
- To provide colleagues and their families (age 6+) access to high-quality mental well-being support
- Benefit will enhance and replace current services provided by Carebridge

Mental well-being benefit highlights

- Convenient therapy, including medication management – up to six (6) free sessions per calendar year
- Providers are fully-integrated with the Trinity Health Colleague Health Plan
- Personalized, confidential care
- Dedicated support with a licensed clinical care navigator to provide guidance, schedule appointments and check in

Mental well-being benefit highlights (cont'd)

- Diverse providers to align with member preferences and unique needs
- On-demand digital library of self-guided exercises called *Moments*
- Coaching to set and achieve personal goals – up to six (6) free sessions per calendar year
- Work-life services for assistance finding legal assistance, financial services, child or elder care, and more

Colleague webinar opportunities

Spring Health 101*

Tuesday, May 2 from 9 – 10 a.m. ET

Thursday, May 18 from 3 – 4 p.m. ET

Thursday, May 4 from 3 – 4 p.m. ET

Tuesday, May 23 from 11 a.m. – 12 p.m. ET

Tuesday, May 9 from 8 – 9 a.m. ET

Thursday, May 25 from 1 – 2 p.m. ET

Thursday, May 11 from 9 – 10 a.m. ET

Tuesday, May 30 from 6 – 7 p.m. ET

Tuesday, May 16 from 7 – 8 a.m. ET

**All sessions will be recorded and available on OneSource*

OneSource: Search 'Live Your Whole Life'
and click 'Upcoming Events'