

Spring Health Team Huddle Guide

Use these talking points to discuss mental well-being benefits powered by Spring Health with your team.

Spring Health provides personalized mental well-being support, designed to help Trinity Health colleagues feel their best.

Benefit eligibility

Spring Health is provided at no cost to Trinity Health colleagues, including six (6) free therapy sessions and six (6) coaching sessions per calendar year for colleagues and each of their household members.

Program features

- Convenient therapy
- Personalized care
- Dedicated support
- Diverse providers
- Mental well-being exercises
- Coaching
- Medication management
- Work-life services

Program highlights

- Easy, convenient access to high-quality mental well-being care and resources
- Support tailored to your needs and preferences
- 6 free therapy sessions per year
- 6 free coaching sessions per year
- Private and confidential

Care Navigation

- Each member is paired with a Care Navigator, a licensed clinician
- Provides guidance and support
- Helps you find the right care and set appointments

Fast access to care and resources

- 5 minutes to take a short mental well-being assessment and get started
- 2-day average wait for therapy appointments
- 24/7 crisis support
- On-demand access to mental well-being exercises

Easy to access and manage care

- Choose a therapist you can relate to across specialty, gender, race, language, and other filters
- Schedule appointments directly through the Spring Health web platform or app
- Take check-in assessments to track your progress
- Access work-life resources online with code: *trinityhealth*

How to get started with Spring Health

Colleagues can register online at trinityhealth.springhealth.com.

For questions or support, colleagues can call **1-855-629-0554**.

- **Option 2** for crisis support (24/7)
- **Option 3** for general questions (Monday-Friday, 8:00am-11:00pm ET)

Leaders can contact Spring Health's Management Consultation Team to discuss concerns or refer colleagues. Call **1-855-629-0554 and select option 4** (Monday-Friday, 8:00am-8:00pm ET) or email managersupport@springhealth.com.