

Mental health support for your whole family

With Spring Health, you and your family can access:



Affordable support

Spring Health is available at no cost to Abbott employees, retirees, household members, and eligible dependents of all ages. Up to 6 free therapy sessions per year are available to each member age 6+.

Specialized providers

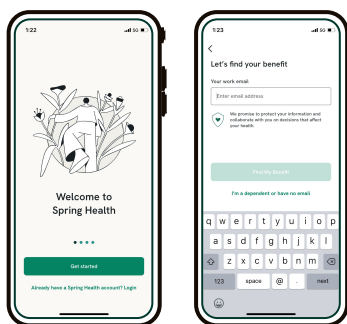
Spring Health will recommend providers, or you have the ability to filter by age range such as; child 6-12, or teen 13-17. With children 5 or younger, your Family Care Navigator can connect you with specialized support.

Fast access to care

It only takes a few minutes to set up your account, browse provider recommendations, and schedule an appointment. Appointments are available in as soon as two days, even on nights and weekends.

1

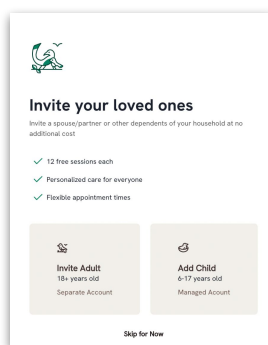
Create an account



Visit abbott.springhealth.com to create a parent account before creating a child account.

2

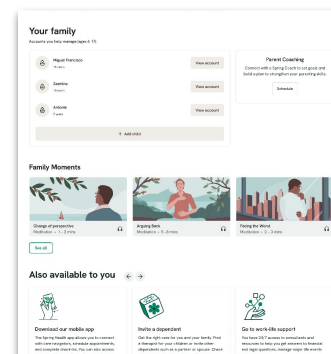
Add a family member



Then, you can add an account for a child age 17 or younger, or invite another family member age 18+ to sign up independently.

3

Schedule and manage care



Once accounts have been created, you can browse recommended providers, schedule and manage care, use Family Navigation, explore Family Moments, and more.