



Life is easier with the right support.

Whatever you're experiencing, there's no need to carry it alone. You now have Spring Health, a mental health benefit available through Abbott, at no cost to you.

With Spring Health, you and your family can access:



Free therapy

Up to 6 therapy sessions per year are available to each family member at no cost to you



Alcohol & substance use support

If you're ready to cut back or quit, choose from a range of affordable and confidential support programs



Personalized care plans

After signing up, take a short assessment that will guide the creation of your personalized mental wellness care plan



Wellness exercises

On-demand access to a library of self-guided exercises to improve your mental wellbeing



Dedicated support

Your Care Navigator can help you find the right therapist, schedule appointments, and provide guidance throughout your care



Diverse providers

Find a therapist you can relate to across specialty, gender, ethnicity, language, and more



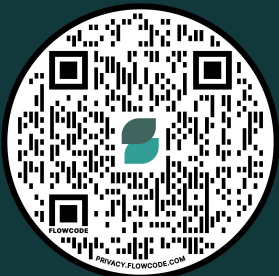
Work-life services

Talk to experts and find resources for legal assistance, financial services, child and elder care, travel and more



Medication management

Meet with prescribers who can manage many of your medications during care when needed



Activate your account
abbott.springhealth.com
Work-life code: **abbott**

Contact Spring Health
careteam@springhealth.com
1-800-626-0738
Monday-Friday, 8:00am-11:00pm ET

Your care with Spring Health is private, confidential, and available at no cost to Abbott employees, retirees, household members and their covered dependents age 6+.