



NEW SPECIALTY CARE BENEFIT

LiveLifeWell Champion Guide

Talking about Specialty Care from Spring Health with your team

Abbott offers Spring Health as a comprehensive mental health benefit for all employees and their adult dependents — therapy, coaching, self-guided care, and a Care Navigator to guide people to the right support.

It has now expanded with four new Specialty Care programs — designed for challenges that need a more personalized, guided approach.



WHAT'S NEW

Specialty Care programs

Four new programs for Abbott employees and their adult dependents.



Anxiety & Depression

NEW

Personalized support for persistent worry, low mood, or hopelessness that feels hard to shake.



Eating Disorders

NEW

Compassionate, specialist-guided care for changes in eating habits that feel out of control or distressing.



Trauma & PTSD

NEW

Guided support for difficulty moving forward, nightmares, hypervigilance, or painful memories.



Neurodiversity

NEW

Specialized care for neurodivergent children and their caregivers with no diagnosis required.



Substance use support is also available through Spring Health for employees and families who need it.



HOW IT WORKS

What Specialty Care provides



Confidential call to start

with a Specialty Care specialist



A guided path to care

no need to go it alone



Tell your story once

we take it from there



First appointment ~2 days

on average



A personalized care plan

matched to your needs



A Specialty Care Navigator

personalized, guided support throughout

HOW TO GET STARTED

1



2



3

Sign up

at abbott.springhealth.com
and take a short assessment

Schedule a call

free and confidential, with a
specialized clinician

Get your plan

personalized to your needs &
schedule

Questions? Visit springhealth.com/support. **Crisis support available 24/7.**



ALREADY AVAILABLE

The full Spring Health benefit

Also available to Abbott employees and their household members:



6 free therapy sessions

per member, per year



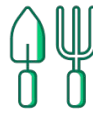
Medication management

if needed



6 free coaching sessions

per member, per year



Self-guided tools

on-demand



Care Navigator

guidance from a licensed clinician



24/7 crisis support

by phone



2-day average wait

for therapy appointments



Private & confidential

never shared with Abbott



Virtual & in-person

therapy and coaching options