

Practical life support for everyday needs

Work-life services bring practical life support into the member experience, giving members one familiar place to start when life gets complicated, from family care to legal and financial guidance.

Open Spring Health to explore work-life services. You can look for local resources directly in the member experience. When you need additional help, Spring Health can connect you to expert consultation or Care Support.

Work-life services can support you with:

- Legal consultations and legal forms
- Estate planning, wills, trusts, and probate guidance
- Financial planning and budgeting
- Debt management , credit concerns, and loans
- Taxes and financial assistance resources
- Retirement planning and major life-event planning
- Real estate, home ownership, renting, selling, and moving support
- Travel and living/working abroad
- Healthy living, nutrition, fitness, and medical care resources
- Career development and workplace support
- Access to local resources and referrals for a variety of personal and family needs



Spring Health worklife services are offered through your Abbott benefits. The service is staffed by professionals who are completely independent of your employer. They are bound by professional standards regarding confidentiality, and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your employer.

Work-life resources and expert consultations are available at no cost. Specialized services or referrals may be subject to hourly or flat fees.

Additional support available to you:

- Financial calculators and self-service tools
- Education and resource libraries
- Care Support Coordinator assistance for complex situations
- Digital access anytime through the Spring Health platform

To get started, sign up or log in at abbott.springhealth.com. Then navigate to the "Explore" section.

You can find "Work-life services" under "Local services."