Spring Health ABBOTT

Spring Health Appointment Guide

No matter what kind of support you need, **Spring Health** connects you with the right mental health care and resources at the right time. It only takes a few minutes to create an account, take a short assessment, and get started.

Depending on your needs, you may see different types of appointments available. Below are descriptions of each type.

Care Navigation

- **What it is:** Dedicated guidance through every step of the mental health journey.
- **Benefits:** Our Care Navigators are licensed clinicians who are available to discuss your assessment results, walk you through care options, help you find the right provider, and provide emotional support.
- **Access:** All Spring Health members have free, unlimited access to Care Navigation.
- **Scheduling:** Once you complete your assessment, you will be matched with a Care Navigator. You can view their availability and book an appointment online.
- **Appointment type:** Virtual call or chat based
- **Language Support:** Our Care Navigators will be available to assist you in English or the primary local language of the country you reside in during your appointment.



Spring Health is available at no cost to Abbott's internal employees and their benefits-eligible dependents.

Your care with Spring Health is private and confidential.

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Therapy

- **What it is:** A proven method to help people through mental and emotional distress.
- **Benefits:** Our licensed therapists and psychologists can help you understand your feelings, thoughts, and behaviors, and give you tools to feel better and improve your daily life.
- **Access:** Each member (age 6+) gets **6** free therapy sessions per year. If you use all your covered sessions, your Care Navigator can explain your options to continue care.
- **Scheduling:** Browse recommended providers or search by specialty, gender, ethnicity, or language. You can view availability and book an appointment online, or your Care Navigator can help.
- **Appointment type:** Virtual and In-person appointments
- **Language Support:** Therapy sessions with Spring Health providers can be conducted in either English or the primary local language of the country you reside in.

Coaching

- **What it is:** Unbiased support to help people reach their goals and improve their well-being.
- **Benefits:** Our certified coaches can help you set and achieve goals, build new skills, and develop healthier habits related to personal development, wellness, relationships, or parenting.
- **Access:** Each member (age 13+) gets **6** free coaching sessions per year.
- **Scheduling:** You can browse coaches, view availability and book an appointment online, or your Care Navigator can help.
- **Appointment type:** Virtual
- **Language Support:** Therapy sessions with Spring Health providers can be conducted in either English or the primary local language of the country you reside in.

Book an appointment today

1. Visit **abbott.springhealth.com**. to sign up or log in to your Spring Health account.
2. Complete a short assessment, so we can personalize your care plan.
3. Book an appointment with your Care Navigator, therapist, or coach.

For support call **1-855-629-0554** (M-F, 8am - 11pm ET).