Spring Health ABBOTT

Supporting you, supporting your team

Being a manager can be complex.

That's why we created a centralized hub to help you confidently navigate the complexities of leadership and support your team effectively. With 24/7 access to expert tools and guidance, you're equipped to lead with ease and make a lasting impact.



Thrive as a leader

Spring Health's integrated manager experience is your go-to resource center, bringing together mental health resources and support in one convenient location.

On-demand learning and development:

Grow your leadership skills with specialized leader courses, self-guided exercises, and professional support tailored to your unique needs.

Real-time expert consultations

Get direct, personalized access to expert clinicians and consultants for managing complex situations and referring employees to timely care.

Crisis management

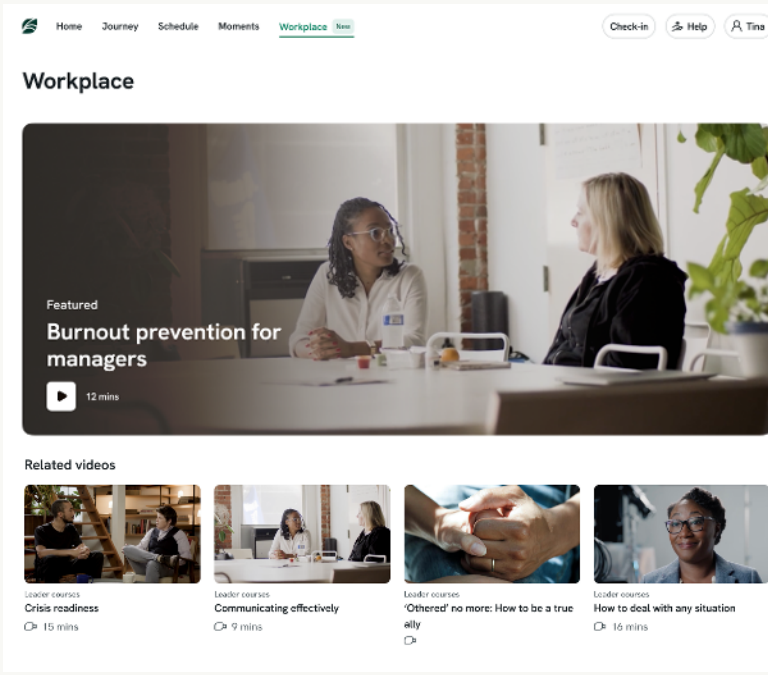
Quickly and effectively handle critical incidents with immediate support and reliable advice, ensuring a safe and productive workplace.

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Cultivate a culture of support on your team

Access 24/7 resources that are specifically tailored for management roles, allowing you to lead with empathy and drive team success. Practical guides and easy-to-use tools empower you to foster a positive workplace culture.

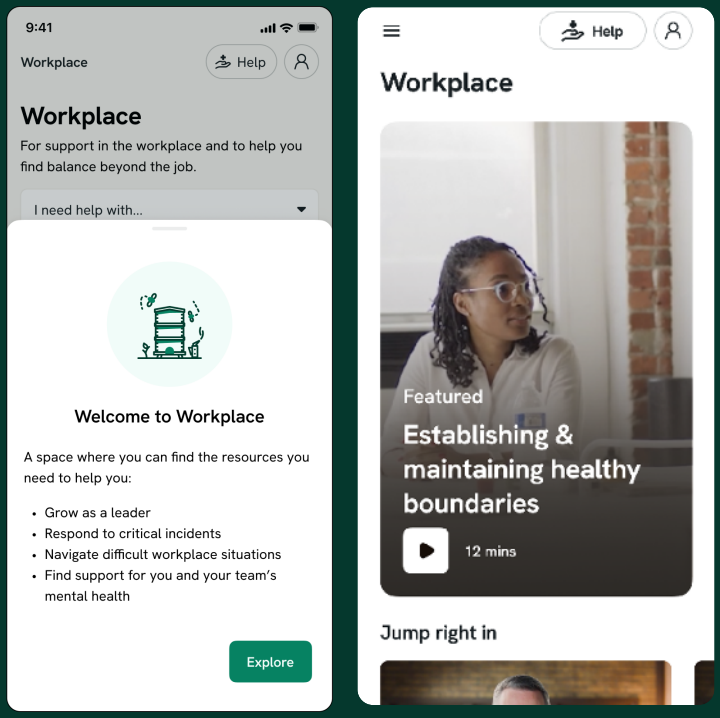
- **Self-paced, expert-led leader courses** to boost workplace wellbeing
- **Manager quick guides** on supporting teams through adversity and change
- **Short, self-guided exercises** that achieve immediate relief and build lifelong skills
- **Webinars** to learn ways to improve your wellbeing or support others
- **Expert-hosted group conversations** to cultivate connection and support



Navigate challenges with confidence

Connect directly with expert clinicians and certified consultants who equip you to handle complex situations and keep your team inspired and engaged.

- **Manager consultations** to get expert help navigating difficult workplace conversations or situations
- **Referrals** to directly or indirectly connect an employee to Spring Health counseling services
- **Critical incident support and crisis support** to get immediate support for your employees

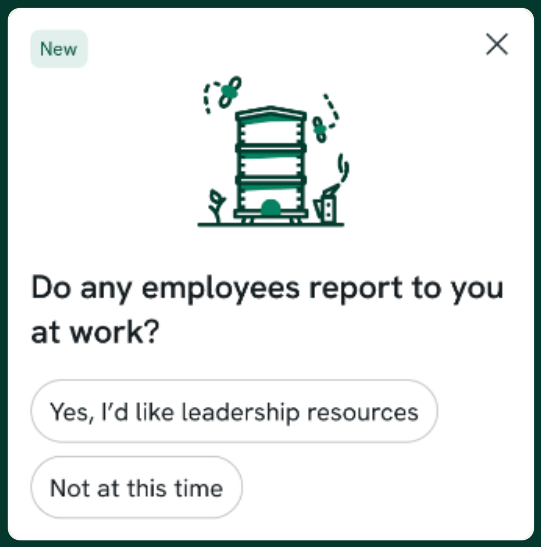


Discover the manager experience in the Spring Health platform.
Visit abbott.springhealth.com

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Step-by-step guide to unlocking your manager experience

Follow these simple steps to access the new manager experience within the Spring Health platform. Get started today and discover the tools and resources designed to empower you as a leader.



1

Register or log in to Spring Health.

If you're new to Spring Health, start by registering with your company email. If you're already a member, simply log in to your account.

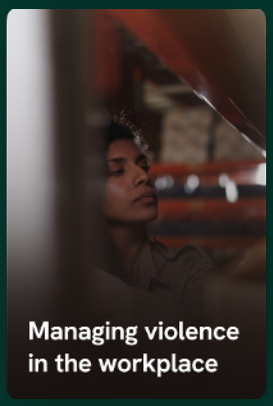
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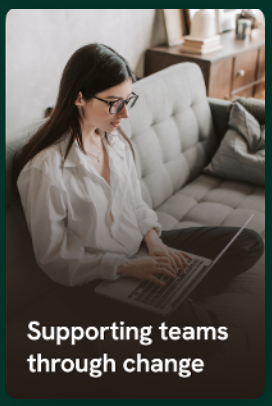
Identify as a manager interested in leadership resources.

From your homepage, or in your account settings, select the option to identify as a manager. This ensures you'll receive access to the Workplace tab resources tailored specifically for your leadership role.









3

Access resources tailored to managers.

Once you've identified as a manager, you'll automatically gain access to the Workplace tab within the Spring Health platform. This is your central hub for wellbeing resources for you and your team.

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