Spring Health ABBOTT

Get what you want out of life

With the help of a Spring Health Coach

Do you know how to turn your dreams into reality? Most of us don't — and that's okay! Spring Health offers coaching to help you unlock your potential and reach your personal or professional goals.

Spring Health is available at no cost to Abbott employees and their household memberss. Each member age 13+ has access to 6 free coaching sessions per year.

Is coaching right for me?

Coaching can help you maximize your potential, take practical steps toward your goals, and improve your overall well-being. However, coaching is not a substitute for therapy. It may be right for you if you're at least 13 years old, you don't have an untreated serious mental health condition, and you're ready to make a change.

How can a coach help me?

No matter what you want to accomplish, coaching can help you create your path to success. A specialized coach will work with you to build a realistic plan to develop new skills, build healthier habits, and achieve your goals. They'll act as an accountability partner and provide unbiased guidance and encouragement to support your progress.



> "I asked for a coach who was close to my age and female, because raising children, working, hormonal changes, and caring for elderly parents affect women differently than men. [My coach] can relate to my life experience and provide wisdom and advice that comes from having lived it, not just learned about it in a book. Working toward healthier living, balance in work and life, self-care, and accountability with a coach helps tremendously!"
>
> *Spring Health Member*

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What do Spring Health's coaches specialize in?

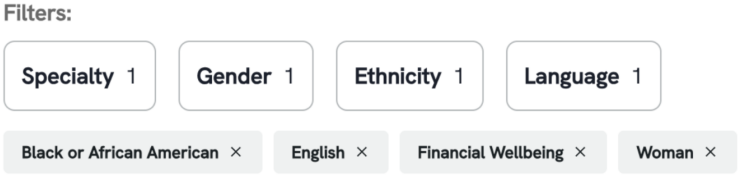
Our diverse network of certified coaches covers 35+ unique specialties and 20+ languages, so you can be sure to find the right coach for you. Below are just some of their areas of expertise.

Emotional Well-Being
Self-Care
Stress Management
Sleep
Spiritual Well-Being
Mindfulness
Personal Development
Confidence/Self-Esteem
Communication
Relationships
Life Transitions
Parenting
Physical Well-Being
Women's/Men's Wellness
LGBTQIA+ Wellness
Nutrition
Physical Activity
Hormone Health
Pre/Postnatal Support
Chronic Illness
Neurodivergent Support
Tobacco Cessation
Recovery/Sobriety Support
Financial Well-Being
Work-Life Balance
Creativity
Productivity/Performance
Professional Development
Career Growth
Leadership Support

How do I find the right coach for me?

Through your Spring Health account, you can easily browse and filter coaches by speciality, gender, ethnicity, and language spoken. You can see their upcoming availability and book virtual sessions online. For your convenience, many coaches offer appointments on nights and weekends.

For example, if you were looking for financial coaching support from a Black woman who speaks English, you would select the following filters.





Commit to your goals today

1. Activate or log in to your Spring Health account at abbott.springhealth.com.
2. Locate coaching in your care plan* and click "Find a coach."
3. Browse available coaches and book a virtual session.

For support, visit springhealth.com/support or call 1-855-629-0554.

Your care with Spring Health is private and confidential.

*If coaching is not part of your care plan, you can work with your Care Navigator to find and schedule an appointment with a coach.

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