Spring Health ABBOTT

Life is easier with the right support



You don't need to wait for a crisis to prioritize your mental health. Abbott partners with Spring Health to provide personalized care and resources to support you through any of life's challenges.

Spring Health offers fast, easy access to:

Therapy and Coaching

Each member (age 6+) has access to 6 free therapy sessions per year and 6 coaching sessions per year (age 13+).

Dedicated support

Your Care Navigator can provide guidance, help you find the right therapist, and schedule appointments.

Wellness exercises

Access self-guided exercises to help you improve your mental well-being and build healthy habits.

Personalized care

Take a quick online mental health assessment and get a care plan designed just for you.

Work-life services

Get support and resources for legal assistance, financial services, child or elder care, travel, and more.

Substance use support

Get connected with alcohol or substance use support programs that provide the right level of care for your lifestyle and budget (18+).

Access your benefits

1. **Scan the QR code to sign up for Spring Health** (or visit abbott.springhealth.com)
2. **Take a short assessment about your needs and preferences**
3. **Get matched with the right support for you – and book your first session**

Need support? **Call 1-855-629-0554** | Work-life: **abbott**

Your care with Spring Health is private and confidential.

Scan to add household members

Spring Health is available at no cost to all Abbott employees, retirees, household members and their covered dependents (age 6+).

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