Spring Health ABBOTT

Take a moment for your mental health

Find relief and develop resilience with self-guided exercises from Spring Health.

We know how difficult it can be to find time for yourself. Through Spring Health, you have access to **self-guided exercises** – a library of self-guided digital exercises designed to help you feel better quickly.

With tools like mindfulness and meditation, each exercise (3-5 minutes) helps you develop skills to maintain your mental well-being over time.





Backed by research and proven to work

Exercises have been heavily vetted through clinical trials to ensure effectiveness.

87% of users **saw improvement** in anxiety symptoms

40% **reduction in symptoms** for eating disorders

30% **immediate symptom reduction** across conditions

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Access exercises anytime, anywhere

Tap or click into exercises from the Spring Health mobile or web app for on-demand relief at home or on-the-go.

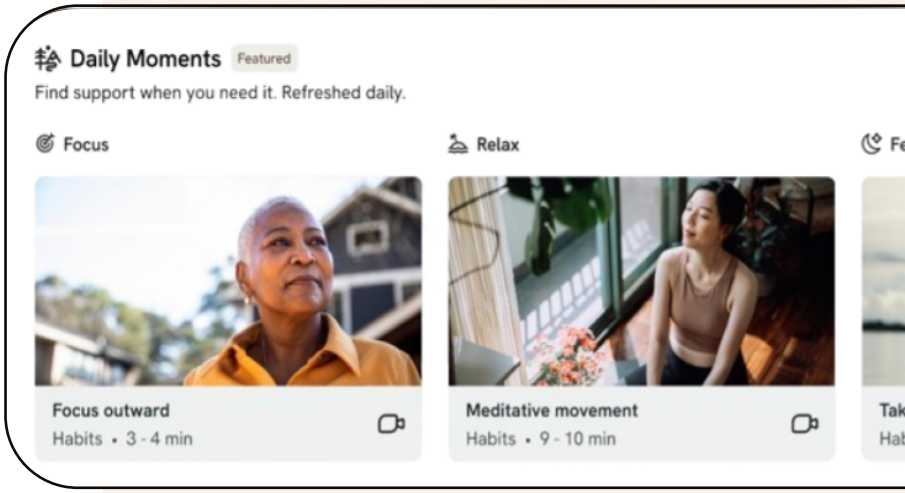
Videos are globally available in 57 different languages.



Expansive, growing library of digital exercises

1000+ video and audio-based exercises and articles support progress across a spectrum of conditions, including:

- Anxiety
- Focus
- Depression
- Emotions
- Burnout
- Eating
- Parenting
- Personal Growth
- Relationships
- Breakups
- Loneliness
- Substance use
- Mindfulness
- Career



Part of your personalized care plan

Based on your most recent assessment results, Spring Health will recommend specific exercises at the right time for you. You can use exercises at any time to help support your progress outside of therapy.

To get started with exercises, log in or create your Spring Health account at **abbott.springhealth.com**. Explore the exercises library on your computer or through the Spring Health Mobile app. Start feeling better by taking a moment (or more) whenever you need it.

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