



WELL-BEING WITHIN REACH

Your benefits from the Board of Pensions include access to Spring Health. Now, it's easier than ever to get the quality mental well-being support you need, when you need it.



THE BOARD OF PENSIONS
OF THE PRESBYTERIAN CHURCH (U.S.A.)



Expert care, without the cost

You and your covered family members ages 6 and older can receive up to **six therapy sessions per year** at no cost to you.

- Spring Health's search tool lets you filter your therapists by **specialty and session type** (virtual or in person).
- You can typically get an appointment in just **three days or less**.

Plus, if you have medical coverage through the Board of Pensions, all Spring Health providers are in-network, providing you with seamless care. Regular plan copays, deductibles, and/or coinsurance apply after the sixth visit.

Certified coaches, unlimited access



Set and achieve your goals through **unlimited virtual coaching sessions with certified coaches**. From **personal development and health and wellness to parenting and professional growth**, you'll learn to build better habits, navigate life transitions, and improve communication skills.

Guidance for your personal and professional life

Through Spring Health, you have 24/7 access to consultants and resources that provide guidance and support in the following areas, to name a few:

- parenting and child care
- legal and financial matters
- aging
- caring for pets
- home repair/cleaning
- transportation and travel services
- education programs
- moving/relocation services

Embrace your wellness journey, moment by moment

Whether you need immediate relief or are looking to develop long-term mental well-being skills, the **Spring Health Moments** digital library offers quick tips and exercises on subjects ranging from **anxiety** and **depression** to **relationships** and **mindfulness**.

Enjoy group support

WellSprings, Spring Health's provider-led peer-group conversations, allows you to gather virtually with others to discuss topics such as **managing emotions**, **parenting**, **self-care**, **coping with grief**, and more.



Support when you need it

Licensed **mental health care navigators** will help you find the right provider and access additional support. They can:

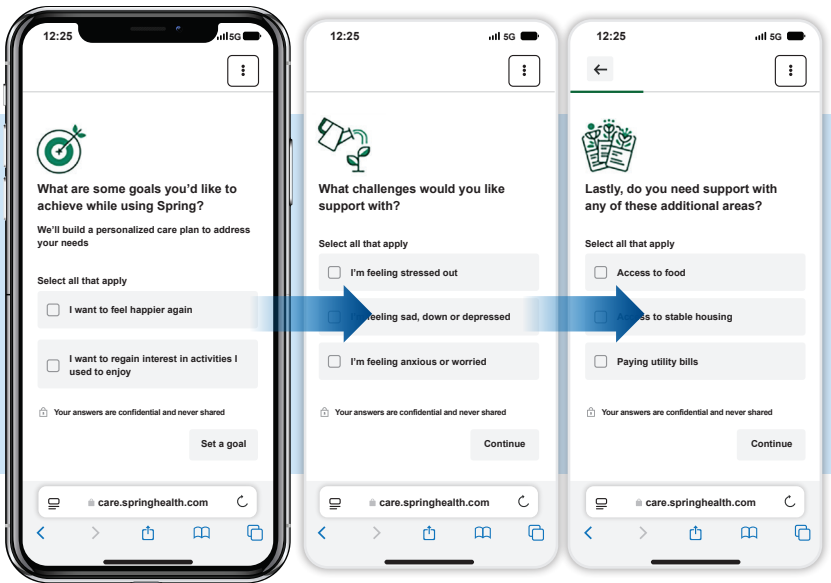
- guide you to the right care
- discuss your long-term goals
- provide emotional support
- advocate for your immediate needs

All care with Spring Health is private and confidential.

Create your own path forward

Spring Health's **digital self-assessment** makes it easy to create a personalized care plan matched to your needs.

Treatment recommendations may include **on-demand mental wellness exercises**, **well-being coaching**, **therapy sessions**, and/or **medication management**. You'll also receive a list with names and contact information of Spring Health providers who match your criteria.



Connect with Spring Health



Visit care.springhealth.com/sign_in to create and activate your Spring Health account by clicking the **Create Account** button, or you can call Spring Health at 844-931-4465. Care support is available Monday-Friday, 8 a.m.-11 p.m. ET.



If you need to talk to someone right away, Spring Health provides 24/7 crisis support. Call 844-931-4465 and choose option two to speak to a licensed professional without the need to register or log in to your account.

Connect with Spring Health

Access private and confidential services to support your mental well-being — at no cost to you.



THE BOARD OF PENSIONS
OF THE PRESBYTERIAN CHURCH (U.S.A.)

- Mental health care navigation
- Unlimited well-being coaching
- Up to six therapy sessions
- Therapy appointments in 2-3 days
- Work/life support
- 24/7 crisis assistance

MEDICAL PLAN MEMBERS: visit care.springhealth.com/sign_in or download the Spring Health app from the Apple or Google app store

Spring Health is available for you and your covered family members ages 6 and older.