



Embrace your wellness journey, **moment by moment**

Do you need immediate relief or are you looking for a quick way to develop long-term mental well-being skills? Spring Health, service provider for your mental well-being and Employee Assistance Plan (EAP) benefits through the Board of Pensions, offers **a digital library of mental wellness exercises called Moments**. This extensive library provides quick tips and exercises that are refreshed daily.

You can access support when you need it on a vast array of subjects including:

- anxiety
- body image
- sleep
- relationships
- depression
- burnout
- parenting
- substance use

Connect with Spring Health



If you're enrolled in the PPO, EPO, or HDHP, visit care.springhealth.com/sign_in or download the Spring Health app from the Apple or Google app store.



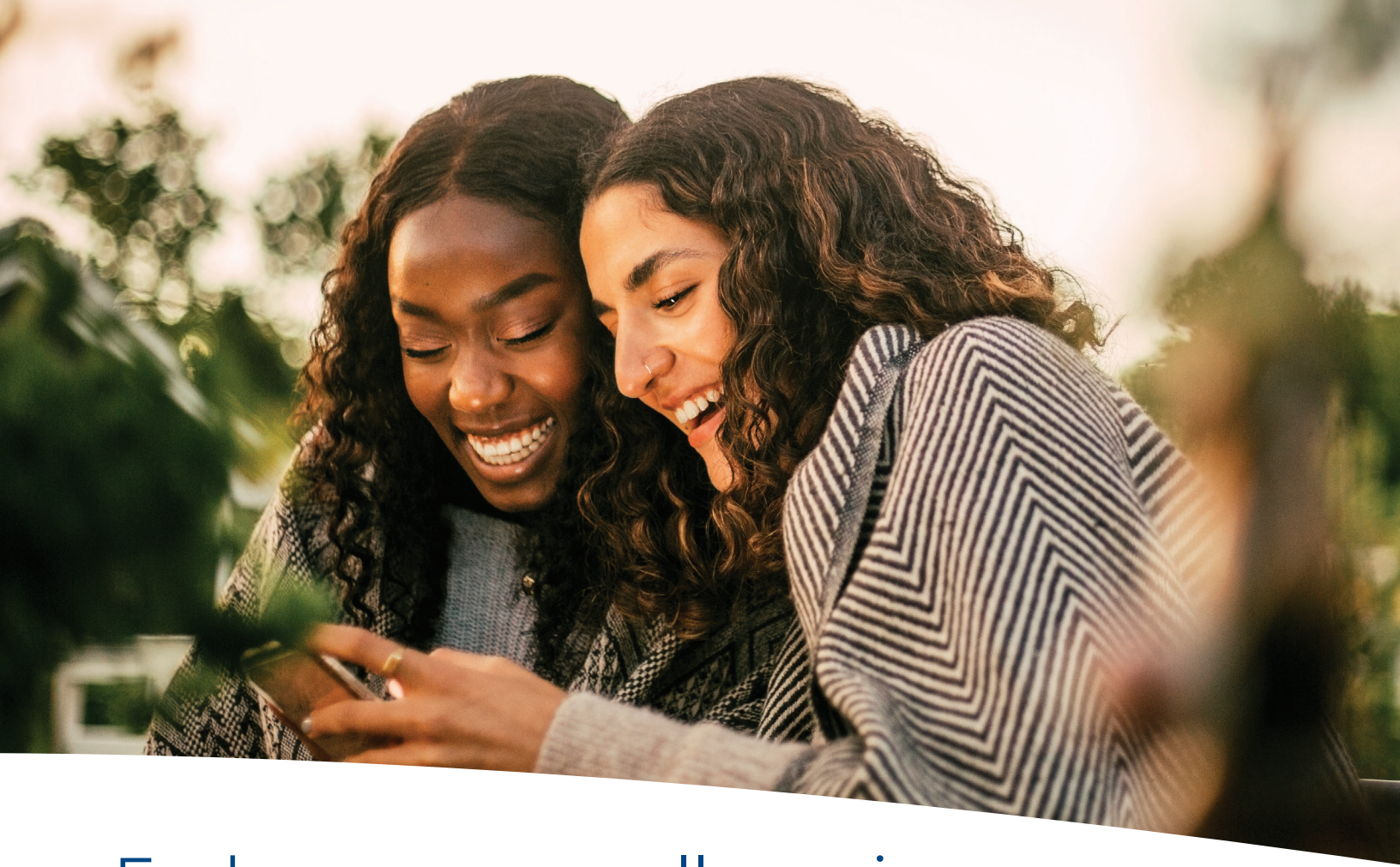
If you're eligible for the EAP but do not have medical coverage through the Board of Pensions, call Spring Health at 844-931-4465 and use the code BOP.



If there is any difference between the information presented here and the provisions of the Benefits Plan of the Presbyterian Church (U.S.A.), the plan terms will govern.



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



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Build your **mental well-being** skillset

Empower yourself with the Sage learning platform from Spring Health, the service provider for your mental well-being and Employee Assistance Plan (EAP) benefits through the Board of Pensions. Sage offers **self-paced, evidence-backed courses** that are designed and delivered by Spring Health providers on a variety of topics including:

- managing emotions
- self-care
- supporting others
- substance-related matters

Engaging **videos, quizzes, activities, and takeaway content** reinforce skills as you work at your own pace. And at the end of each course, you'll receive a certificate of completion and takeaway materials you can continue to reference day to day.

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Get support for your personal and professional life

Create a healthy work/life balance with the help of Spring Health, service provider for your mental well-being and Employee Assistance Plan (EAP) benefits through the Board of Pensions. Spring Health gives you 24/7 access to consultants and resources to help you get answers to financial and legal questions, manage major life events, and more. Resources available through Spring Health to support a healthy work/life balance include:

- financial planning
- divorce/custody issues
- child and elder care needs
- home repairs and pet sitters

With Spring Health, you have **24/7 access** to resources to help you navigate everything from everyday challenges to major life events.

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Certified coaches, **unlimited** access

Work toward a healthier, more balanced life with **well-being coaching** through Spring Health, service provider for your mental well-being and Employee Assistance Plan (EAP) benefits through the Board of Pensions. You can access **unlimited** virtual coaching sessions to help with a wide range of topics:

- personal development
- health and wellness
- professional growth
- parenting

These sessions are designed to help you **build better habits, navigate life transitions, improve communication skills, and set and achieve your goals.**

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