**Spring Health Email Newsletter Items**

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**[FOR MEMBERS]**

[TOPIC: Introduction to Spring Health; available therapy sessions]

**PUT WELLNESS WITHIN REACH**

**Spring Health**, the service provider for mental well-being and Employee Assistance Plan (EAP) benefits, offers a wealth of resources designed to bolster your mental well-being. Available through your benefits from the Board of Pensions, Spring Health makes accessing **holistic, timely, and personalized** support easy for you and your covered family members — whether you need short-term help or longer-term care.

**Therapy sessions at no cost to you**

You and your covered family members ages 6 and older can receive **up to six therapy sessions per year** from a Spring Health provider at no cost to you. Visits can be in person or virtual, and appointments are typically available **within three days or fewer**.

**Personalized care plans**These Spring Health resources can help guide you to the appropriate care:

* **Take the digital self-assessment** to get a personalized care plan matched to your needs, including **treatment recommendations** and names of Spring Health providers that match your criteria.
* **Connect with a mental health care navigator**, who can answer any questions you have about the care plan, make recommendations, help you find providers, and advocate for your immediate needs.

All care with Spring Health is **private and confidential**.

**Connect with Spring Health**

**If you're enrolled in the PPO, EPO, or HDHP medical option**, visit [care.springhealth.com/sign\_in](https://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**, call Spring Health at 844-931-4465 and use the code BOP.

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[TOPIC: Integration with medical coverage through the Board of Pensions; for those enrolled in the Medical Plan through the Board]

**INTEGRATED BENEFITS FOR SEAMLESS CARE**

Through Spring Health, the service provider for your mental well-being and Employee Assistance Plan (EAP) benefits through the Board of Pensions, you and your covered family members ages 6 and older can receive **up to six therapy sessions per year** from a Spring Health provider at no cost to you. This includes both in-person and virtual visits, and appointments are typically available **within three days or fewer**.

Benefits through Spring Health are fully integrated with medical coverage through the Board of Pensions so **Medical Plan members can continue to use the Spring Health therapist** beyond the six visits fully covered by the plan and their care will be in-network.

Regular plan copays, deductibles, and/or coinsurance apply after the sixth visit. All care with Spring Health is **private and confidential**.

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[TOPIC: 24/7 crisis support]

**GET IMMEDIATE HELP, DAY OR NIGHT**

If you feel like you need to speak with a licensed professional right away and cannot wait to book an appointment, Spring Health, the service provider of your mental well-being and Employee Assistance Plan (EAP) benefits through the Board of Pensions, offers **24/7 crisis support**. Simply 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.

If you’re eligible for the EAP but do not have medical coverage through the Board of Pensions, and you’re calling Spring Health for the first time, be sure to mention the code BOP.

Spring Health offers easy access to the private, confidential, and high-quality mental well-being support you need, when and where you need it.

**Connect with Spring Health**

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

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[TOPIC: Taking the digital self-assessment]

**CREATE YOUR OWN PATH FORWARD**

Spring Health, the service provider for mental well-being and Employee Assistance Plan (EAP) benefits through the Board of Pensions, provides a variety of resources to support you on your mental well-being journey. Not sure where to start? Because everyone’s mental well-being journey is unique, Spring Health’s personalized **digital self-assessment** helps guide you to the right care andscreens for different mental health conditions.

Access and complete the self-assessment online to get your personalized care plan. Treatment recommendations may include **on-demand wellness exercises**, **coaching**, **therapy sessions,** and/or **medication management**. You’ll also receive the names of Spring Health providers that match your criteria.

All care with Spring Health is **private and confidential**.

**Connect with Spring Health**

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

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[TOPIC: Mental health care navigators]

 **THE RIGHT SUPPORT, RIGHT WHEN YOU NEED IT**

Spring Health, the service provider for mental well-being and Employee Assistance Plan (EAP) benefits through the Board of Pensions, gives you access to the mental well-being support you need — without the guesswork of trying to find the right services and providers. Licensed **mental health care navigators** are available to help you find the right provider and give additional support throughout your mental well-being journey. They can:

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

All care with Spring Health is **private** **and confidential**.

**Connect with Spring Health**

**If you're enrolled in the PPO, EPO, or HDHP medical option**, visit [care.springhealth.com/sign\_in](https://care.springhealth.com/sign_in) or download the Spring Health app from the Apple or Google app store. You can call Spring Health at 844-931-4465 and care support is available Monday-Friday, 8 a.m.-11 p.m. ET.

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

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[TOPIC: Unlimited coaching sessions]

**CERTIFIED COACHES, UNLIMITED ACCESS**

With Spring Health, the service provider for your mental well-being and Employee Assistance Plan (EAP) benefits through the Board of Pensions, you can set and achieve your goals through **unlimited virtual coaching sessions with certified coaches.** You’ll learn tobuild better habits, navigate life transitions, improve communication skills, and set and achieve your goals.

Coaching programs can help with a wide range of topics, such as:

* **personal development**, including life transitions, identity support, finances, and self-development
* **health and wellness**, including nutrition, physical activity, stress management and resiliency, sleep habits, and self-care
* **professional growth**, including work/life balance, leadership, performance, and career growth
* **parenting**, including pre-/postnatal support, parental leave, toddlers, teens, behavioral concerns, neurodiverse advocacy and education, academic readiness and stress, and supporting children in therapy

Available through your benefits from the Board of Pensions, Spring Health gives you access to the mental well-being support you need — when and where you need it. All care with Spring Health is **private and confidential**.

**Connect with Spring Health**

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[TOPIC: Work/life resources]

**SUPPORT FOR YOUR PERSONAL AND PROFESSIONAL LIFE**

Spring Health, the service provider for mental well-being and Employee Assistance Plan (EAP) benefits through the Board of Pensions, 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 services: home buying and selling, financial planning
* legal assistance: divorce, custody, landlord/tenant issues
* major life events: adoption, child and elder care needs, moving/relocation
* local services: eating well, finding a gym, home repairs, pet sitters

All care with Spring Health is **private and confidential**.

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[TOPIC: Moments]

**EMBRACE YOUR WELLNESS JOURNEY, MOMENT BY MOMENT**

Whether you need immediate relief or are looking to develop long-term mental well-being skills, Spring Health, the service provider for mental well-being and Employee Assistance Plan (EAP) benefits, offers you **an extensive digital library called Moments,** full of quick tips and mental wellness exercises.

Access Spring Health Moments to discover a wealth of information on a vast array of subjects, including:

* anxiety
* depression
* body image
* burnout
* sleep
* parenting
* relationships
* substance abuse

Spring Health, available through your benefits from the Board of Pensions, gives you access to the mental well-being support you need — when and where you need it. All care with Spring Health is **private and confidential**.

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[TOPIC: Free monthly webinars]

**Free monthly webinars provide well-being support**

Spring Health, the service provider for your mental well-being and Employee Assistance Plan (EAP) benefits, hosts free monthly webinars to help you improve your well-being or support others.

Led by experienced Spring Health clinicians, webinars address topics like stress and anxiety, grief and loss, setting boundaries, how to make positive changes, and more. Each webinar is 60 minutes long, which includes about 50 minutes of speaker content and 10 minutes of Q&A.

Visit [webinars.springhealth.com](https://webinars.springhealth.com/) to register for upcoming webinars, plus view replays of previous webinars, hosted by Spring Health.

Spring Health, available through your benefits from the Board of Pensions, gives you access to the mental well-being support you need — when and where you need it. All care with Spring Health is **private and confidential**.

**Connect with Spring Health**

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[TOPIC: WellSprings peer-group support]

**ENJOY GROUP SUPPORT**

With WellSprings,you can enjoy the many benefits of group support, right from the comfort of your home. These **provider-led peer-group conversations** are available from Spring Health, the service provider for your mental well-being and Employee Assistance Plan (EAP) benefits through the Board of Pensions.

WellSprings allows small groups to gather virtually to discuss a wide array of topics relevant to mental well-being. Spring Health providers give the group background on a session topic, then facilitate open discussion within the group.

Various sessions are hosted **multiple times a month**, including on topics like: **managing emotions**, **parenting**, **self-care,** **coping with grief,** and more. Plus,attendees will receive key takeaways and additional support at the end of every session.

All care with Spring Health is **private and confidential**.

**Connect with Spring Health**

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[TOPIC: Neurodiversity Hub]

**EMPOWERING DIVERSE JOURNEYS**

If you or a loved one is curious about neurodiversity or living with ADHD, autism, or other neurodiverse conditions, an online **Neurodiversity Hub** provided by Spring Health is available through your benefits from the Board of Pensions. This hub seamlessly integrates mental well-being with specialized content and resources:

* Designed for adults **over the age of 18**, the hub provides you and your eligible family members with **specialized therapy, coaching, and clinician-designed tools.**
* This centralized space allows you to filter resources by specialty, including **ADHD**, **autism**, **executive functioning**, and more.
* **Over 130** on-demand, clinician-designed videos on neurodiversity are available to you, offering education and practical tips for individuals, managers, and parents. Topics include **neurodiversity education, productivity, accommodations**, and more.

All care with Spring Health is **private and confidential**.

**Connect with Spring Health**

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**[FOR EMPLOYERS]**

[TOPIC: Resources for leaders and managers]

**RESOURCES TO SUPPORT LEADERS**

Spring Health, service provider of mental well-being and Employee Assistance Plan (EAP) benefits through the Board of Pensions, offers comprehensive resources and personalized support for leaders and managers. You can access these resources through the **Workplace tab** on Spring Health’s website and app, including:

* + **curated content and tools** to help with specific and varied types of situations
	+ guidance for addressing **burnout, supporting struggling employees**, and **encouraging professional development**
	+ **management consultations** with experts who are trained in organizational dynamics and skilled in navigating the complexities of work concerns, such as **workplace conflict, suspected substance abuse,** and **change management**

Leaders and managers also have 24/7 access to **crisis support services**, including:

* **employee crisis support** for immediate, confidential support for an employee who has mentioned self-harm or who exhibits reckless or impulsive behaviors but there is no immediate safety risk
* **critical incident response** after traumatic events like natural disasters, workplace violence, or the death of an employee; a Spring Health team manages critical incident response intake and supports you through the process, while specially trained licensed mental health clinicians are available in the hours or days following the event, to provide support for your employees in the setting you prefer (onsite or virtual, inside or outside the workplace)

All care with Spring Health is **private and confidential**.

**Connect with Spring Health**

To request **management consultations or critical incident response**, call Spring Health at 844-931-4465 or email managersupport@springhealth.com.

*Note: When connecting an employee to individual crisis support, it’s best practice for the employee to call the number themselves.*

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