



Your tools for a happier, healthier life.

Take a step toward mental well-being by activating your **Spring Health** account. Spring Health provides personalized care and resources to support you through any of life's challenges.

Spring Health can support your mental health with easy access to:

Therapy and coaching

Get support when it's convenient for you. Each member gets 8 free therapy sessions and 8 coaching sessions per year.

Dedicated guidance

Your Care Navigator can walk you through your care plan, help you find the right therapist, and provide support whenever you need it.

Wellness exercises

Moments is a library of self-guided exercises that can help you manage stress, calm anxiety, beat burnout, improve sleep, and be more mindful.

Personalized care

Take a short online assessment and get care recommendations to support your immediate needs and long-term goals.

Medication management

If needed, 2 of your covered therapy sessions can be used for a medication management consultation with a doctor.

Work-life services

Access expert guidance and resources to navigate legal or financial matters, child care, elder care, pet care, travel, household services, and more.



Get started today
Visit plexus.springhealth.com or download the Spring Health mobile app

Contact Spring Health
springhealth.com/support
1-855-629-0554

General support: M-F, 8am-11pm ET
Crisis support: 24/7 (press 2)

Spring Health is available at no cost to all Plexus employees and their household members of all ages.

Your care with Spring Health is private and confidential.