

Life is easier with the right support.

This open enrollment period, 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 is convenient for you. Each member gets free therapy sessions and coaching sessions per year.

Personalized Care

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

Diverse providers

Choose an experienced therapist you feel comfortable with. Browse recommendations or search by specialty, gender, ethnicity, or language.

Wellness exercises

Moments is a library of 250+ self-guided exercises that can help you manage stress, calm anxiety, beat burnout, improve sleep, and be more mindful.

Dedicated guidance

A Spring Health Care Navigator is available to walk you through your care plan, help you find the right therapist, and provide support whenever you need it.

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.

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

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

Learn more and get started:
benefits.springhealth.com
or download the Spring Health mobile app

Spring Health is available at no cost to all Plexus employees and their dependents.

Your care with Spring Health is private and confidential.

