

Meet Spring Health, your mental health benefits provider

Overview

Support for your mental health has never been more important. Guardian has partnered with Spring Health to bring a personal approach to mental health care.

You'll have access to:

- **Personalized care.** Take an online mental health assessment designed to find the right care for your needs, and help track your progress too.
- **Dedicated support.** Your Care Navigator is a licensed clinician who takes away the guesswork during care. They help find the right therapist, set appointments, give advice, and offer emotional support.
- **Confidential therapy.** Meet with a trusted therapist in as soon as two days — **you and your covered family members each** have **3** total therapy visits covered at no cost by your employer.
- **Diversity.** You have choices in a provider network made to be as diverse as the people they support. Find a therapist across specialty, gender, ethnicity, language, and sexual orientation.
- **Medication management.** Meet with in-network prescribers who can manage your medications during care when needed.*
- **Wellness exercises.** Use *Moments*, an on-demand library of self-guided exercises to improve mental well-being, with programs for anxiety, burnout, better sleep, and more.
- **Coaching.** Professional coaches can help you set and meet goals around managing stress, relationships, focus, and more.
- **24/7 crisis support.** Access to confidential, emotional support at no cost, 24 hours a day, 7 days a week. Call 855-629-0554, choose option 2.
- **Family care.** Fast access to child therapists for your dependents ages 6 to 26.



guardianbenefits.springhealth.com

The Guardian Life Insurance
Company of America
guardianlife.com

New York, NY

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*Medication management is not included in the pre-paid therapy visits and will be an out-of-pocket member cost.

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