



# Whole Self, Whole Health

Just like exercising regularly or going to the doctor for an annual checkup, prioritizing your mental wellness supports your overall wellbeing. Spring Health gives you the tools to live a healthier, happier life wherever you are in your journey.

At no cost to you can use Spring Health for:



**In-app wellness exercises**

Support your mental fitness on-the-go through Moments, with exercises in meditation, better sleep, and more.



**Personalized recommendations**

Assessments to identify the right care for your needs, learn more about yourself, and track your progress.



**Therapy**

Book sessions with trusted providers at times that fit your schedule. Costs for the first 3 sessions are fully covered by MPS.



**Work-life services**

Access services to help you navigate life’s challenges, from legal guidance to financial planning.



Spring Health is 100% confidential and your information is never shared.



**Medication management**

Speak with in-network prescribers to manage medications, when appropriate.



**Dedicated support**

Receive guidance along your journey from your personal Care Navigator.



**Coaching**

Receive tips for managing stress, increasing focus, and more.

Sign up today at [mps.springhealth.com](https://mps.springhealth.com) or call 1-855-629-0554 to activate your benefits.

Search for “Spring Health Mobile” in your app store:

