

# New support coming soon.

You don't need to wait for a crisis to prioritize your mental health. Spring Health, a mental health benefit available through Moda Health beginning January 1, 2024, 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

For therapy to work, it needs to work for you. Get convenient support, with appointments available in as soon as two days, even on nights and weekends.

### 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.

### Diverse providers

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

### Family care

Get support for your family with fast access to providers who specialize in care for couples, families, children (age 6+), and teenagers.

## Spring Health will be available to PEBB members with Moda Health coverage beginning January 1, 2024.

Activating your Spring Health account and Moments exercises are at no cost to the member; therapy visits are available with the member's regular cost share.

Your care with Spring Health is private and confidential.