

Support for your whole family

**How are you, really?
We're here to listen.
No judgment, no pressure,
just real human care.**

Prioritizing mental well-being is as important to your overall health as exercising or getting a check-up. Spring Health provides you and your family tools and support to be well, no matter where you are on your journey.

Use Spring Health for:



Personalized care

Online mental well-being assessment designed to help you find the right care and track your progress.



Dedicated support

Assistance from your personal Care Navigator throughout your well-being journey.



Confidential therapy

Appointments with trusted providers when it fits your schedule. Clorox covers up to 8 sessions per year for you and each family member ages 6+.



Work-life services: support for your whole life

Resources and experts who can help you navigate life's challenges, from legal guidance to financial planning.



Medication management

In-network prescribers to help you manage medications, when appropriate.



Your care with Spring Health is private and confidential.



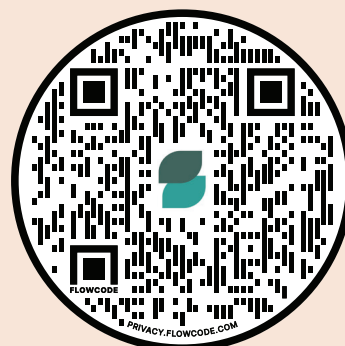
On-demand wellness exercises

Self-guided exercises to improve mental well-being in the Moments app, with programs for anxiety, burnout, better sleep, meditation and more.



Coaching

Learn tips for managing stress, increasing focus and more.



Get started today

Sign up at clorox.springhealth.com
Access code: **clorox**
or call 1-855-629-0554 to activate your benefits.

Search for "Spring Health Mobile" in your app store:



**Be Well.
Be You.**