

# Life is easier with the right support.

Spring Health, your mental health benefit, offers access to:



Free therapy — up to 8 sessions per year



Diverse providers



Free coaching — up to 8 sessions per year



Dedicated support



Personalized care plans



Work-life services



Get started today  
[mortenson.springhealth.com](https://mortenson.springhealth.com)  
Work-life code: mortenson

Contact Spring Health  
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1-855-629-0554