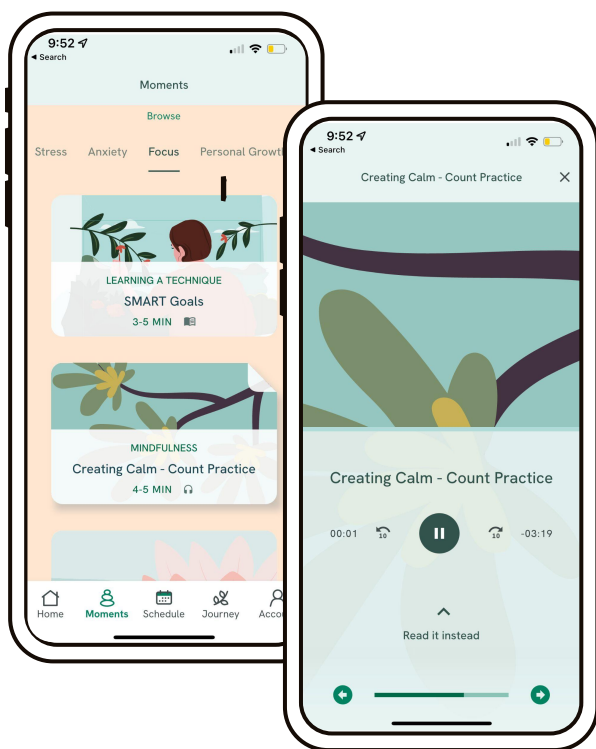


# Take a Moment for Your Mental Health

Find relief and develop resilience with Moments from Spring Health.

We know how difficult it can be to find time for yourself. Through Spring Health, you have access to **Moments** – a library of self-guided digital exercises designed to help you feel better quickly.

With tools like mindfulness and meditation, each Moments exercise (3-5 minutes) helps you develop skills to maintain your mental well-being over time.



## Backed by research and proven to work

Moments exercises are based on cognitive behavioral therapy and evidence-based techniques, and have been proven effective through clinical trials.

**87%** of users saw improvement in anxiety symptoms

**40%** reduction in symptoms for eating disorders

**30%** immediate symptom reduction across conditions

---

## Unlimited access – anytime, anywhere

Access to Moments is unlimited and free for all Spring Health members. Tap into the Moments library from your computer or the Spring Health Mobile app for confidential, convenient support.

Moments exercises are available in English and Spanish.

---

## Part of your personalized care plan

Based on your most recent assessment results, Spring Health will recommend specific exercises at the right time for you. You can use Moments at any time to help support your progress outside of therapy.

---

## Wide range of topics

Moments offers **150** self-guided exercises to support growth in a variety of areas, including:

- Stress
- Anxiety
- Focus
- Depression
- Emotions
- Burnout
- Sleep
- Eating
- Personal growth
- Parenting
- Relationships
- Breakups
- Loneliness
- Substance use
- Mindfulness
- Career

## How to get started with Moments

1. Create or log in to your Spring Health account at [smpcorp.springhealth.com](https://smpcorp.springhealth.com).
2. Complete a short assessment, so we can recommend Moments in your care plan.
3. Browse the Moments library from your computer or the Spring Health Mobile app.
4. Start feeling better by taking a Moment (or more) whenever you need it.

Scan the QR code to download the app



*App Store*



*Google Play*