

Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. Exyte partners with **Spring Health** to provide personalized care and resources to support you through any of life's challenges.

Spring Health can support your mental health with easy access to:

In-network therapy

Get convenient, confidential support. Therapy is available at an in-network rate through the Exyte medical plan.

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.

Care guidance and support

A Care Navigator can walk you through your care plan, help you find the right provider, and support you along the way.

Diverse providers

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

Work-life services

If needed, 2 of your covered therapy sessions can be used for a medication management consultation with a doctor.

Personalized care

Access expert guidance and resources to navigate legal or financial matters, child care, elder care, pet care, travel, household services, and more.



Contact Spring Health:

springhealth.com/support

1-855-629-0554

General support: M-F, 8am-11pm ET

Crisis support: 24/7 (press 2)

Learn more and get started:

exyte.springhealth.com

Spring Health mobile app

Spring Health is available at no cost to all Exyte employees and their household members.

Your care with Spring Health is private and confidential.

