

# 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:**

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## In-network therapy

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

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## 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.

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## 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.

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## Diverse providers

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

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## Work-life services

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

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## 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](https://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](https://exyte.springhealth.com)  
Spring Health mobile app  
**Work-life code:**

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

Your care with Spring Health is private and confidential.

