

# Coaching with Spring Health

In addition to mental health support, Spring Health offers coaching to help you reach your goals and unlock your potential.

Are you looking to make a change? We all need a little encouragement from time to time. That's where Spring Health coaches come in. Unlike a close friend or a family member, our coaches bring a fresh, unbiased, and science-backed perspective to help you reset, get unstuck, and create the life you want.

## Types of coaching

- **Personal development:** Achieve personal goals, greater fulfillment, and purpose
- **Health and wellness:** Make sustainable lifestyle and behavior changes
- **Parenting:** Navigate challenges that can come with raising children

## Getting started with coaching

Once you activate your **Spring Health** account and answer a few questions, you can access coaching through your personalized care plan.\* Filter coaches by gender, ethnicity, language, and specialty to find the right fit for your needs. Directly schedule coaching sessions online through your account.

## Connect with a coach today

[care.springhealth.com](https://care.springhealth.com)

\*If coaching is not available in your care plan, visit the "What's Available To Me" section to access coaching.



Coaching isn't therapy or a substitute for therapy, but it can help you improve your life.

Most members can set and meet their goals within just 6 coaching sessions.

Hewlett Foundation offers access to free coaching sessions per year to each member age 18+. Spring Health is available at no cost to Hewlett Foundation employees and their dependents.



My coach is helping me celebrate the wins – no matter how big or small – and offering practical steps to guide me toward success.

| Spring Health Member