



Introducing Spring Health

Taking care of ourselves—mentally, emotionally, and physically—has never been more important. That's why the Laborers Funds Administrative Office is excited to introduce Spring Health, your new Employee Assistance Program: a comprehensive well-being resource available to Laborers and their families. Whether you're with Anthem or Kaiser Permanente, Spring Health offers a personalized approach to support, making it easier to get the right care at the right time. Access to Spring Health is simple and convenient through the Spring Health app or Transcarent.

Spring Health is here to support you and your family through life's everyday challenges and bigger moments. Whether you're:



Looking for guidance with legal matters



Wanting help with habits or concerns around substance use



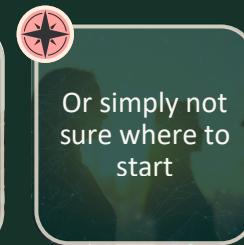
Managing stress, anxiety, or parenting challenges



Navigating financial questions, debt, or planning for retirement



Interested in self-guided tools you can use anytime



Or simply not sure where to start

You have access to personalized care and dedicated support to point you in the right direction.

Plus, the LFAO has prepaid for:



6

Free Therapy Sessions



6

Free Coaching Sessions

= 12 sessions per eligible family member, free of charge.

Take the first step towards better wellness for you and your family. Download the Spring Health app now by scanning the QR code.

