



 spring health



# Whole Self, Whole Health

Just like exercising regularly or going to the doctor for an annual checkup, prioritizing your mental wellness supports your overall health. Spring Health—your Rolls-Royce Mind & Life benefit—gives you the tools to live a healthier, happier life.

**At no cost, you can use Spring Health for:**



**In-app wellness exercises.** Support your mental fitness on-the-go, with exercises in meditation, better sleep, and more.



**Personalized recommendations.** Assessments to identify the right care for your needs, learn more about yourself, and track your progress.



**Dedicated support.** Receive guidance along your journey from your personal Care Navigator.



**Therapy.** Book sessions with trusted providers at times that fit your schedule. Costs for the first 6 sessions are fully covered by Rolls-Royce annually.



**Medication.** Speak with psychiatrists to manage medications, when appropriate.



**Coaching.** Receive tips for managing stress, increasing focus, and more.



**Work-life services.** Access services to help you navigate life's challenges, from legal guidance to financial planning. Code: Rolls-Royce

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Spring Health is 100% confidential and your information is never shared.

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Sign up today at  
[Rolls-Royce.springhealth.com](https://Rolls-Royce.springhealth.com) to  
activate your benefits.  
1-855-629-0554

Search for "Spring Health  
Mobile" in your app store:

