



Checklist to activate your Spring Health trial

Spring Health is offering a trial of their platform and Care Navigation services **until June 30, 2020** for up to **5 people** on your benefits team

- ❑ Reply to your account executive to request your trial
- ❑ Review services agreement
- ❑ Submit a secure census file matching Spring Health's template to census@springhealth.com that includes information of your 5 participating HR team members
- ❑ Within 72 hours of your census submission, you will receive an activation email, with a unique link to create your Spring Health account
- ❑ Complete your initial assessment and submit your pre-visit form on your dashboard for a customized experience

Your free trial grants you access to:

- ❑ Unlimited on-line assessments and check-ins
- ❑ Unlimited progress tracking
- ❑ Unlimited Care Navigation to assist in finding your best mental health benefit

For more information, contact us at:
partnerships@springhealth.com