



Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. Hormel Foods 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:

Therapy and coaching

Get support when it's convenient for you. Each member gets 8 free therapy sessions and 8 coaching sessions per year.

Dedicated guidance

Your Care Navigator can walk you through your care plan, help you find the right therapist, and provide support whenever you need it.

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.

Personalized care

Take a short online assessment and get care recommendations to support your immediate needs and long-term goals.

Medication management

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

Work-life services

Access expert guidance and resources to navigate legal or financial matters, child care, elder care, pet care, travel, household services, and more.



Get started today

hormel.springhealth.com

Spring Health mobile app

Work-life code: hormel

Contact Spring Health

springhealth.com/support

1-855-629-0554

General support: M-F, 8am-11pm ET

Crisis support: 24/7 (press 2)

Spring Health is available at no cost to all Hormel Foods team members and their dependents.

Your care with Spring Health is private and confidential.