

# Support for your work and personal life.

At no cost, you and your dependents have access to work-life support through the Spring Health employee assistance program (EAP) for help navigating life's challenges. Spring Health provides consultants and resources to help you get answers to financial and legal questions, manage major life events, and more. Your team at Spring Health is here for you 24/7 and available by phone, email, and online chat.

Access support services  
for everyday life, including:

- ✓ **Financial Services** (e.g. financial assistance, budgeting, credit counseling)
- ✓ **Legal Assistance** (e.g. divorce/custody issues, landlord/tenant issues)
- ✓ **Childcare Services**
- ✓ **Elder Care Services**
- ✓ **Management Training**
- ✓ **Diet & Physical Wellness**
- ✓ **Travel Resources**
- ✓ **Major Life Events**

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

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**Get started today:**

**919-855-2648**

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

Access code: wellstar

