

CONNECT WITH SPRING HEALTH

PSL'S EMPLOYEE ASSISTANCE PROGRAM (EAP) PROVIDER

If you're enrolled in the PPO, EPO, or HDHP medical plan with PSL, visit care.springhealth.com/sign_in to create and activate your Spring Health account by clicking the "Create Account" button.

Or call Spring Health at **844-931-4465**. Team member medical ID cards include the Spring Health phone number and website.

For Team Members Without Medical Coverage through PSL

If you do not have medical coverage with PSL you are still eligible for PSL's EAP. To create a Spring Health account and use the EAP benefit call Spring Health at **844-931-4465** and use the code "**BOP**".

You'll be able to create a Spring Health account and use your EAP benefits immediately. You can download the Spring Health mobile app once your account has been created. Login by using your Spring Health username and account password.

EMPLOYEE EAP SERVICES INCLUDE

- Mental health care navigators who support employee needs throughout every step of their journey
- Unlimited virtual coaching sessions with certified coaches
- Up to six clinical therapy sessions with a Spring Health provider at no cost to them
- 24/7 support and crisis assistance from a licensed professional
- Work/life guidance including referrals for home and pet care, as well as legal, financial, moving, travel, adoption, and educational needs

[PSL.ORG/BENEFITS](https://psl.org/benefits)

**For Immediate Crisis Support: 1-855-629-0554
and select option 2 for crisis support**

