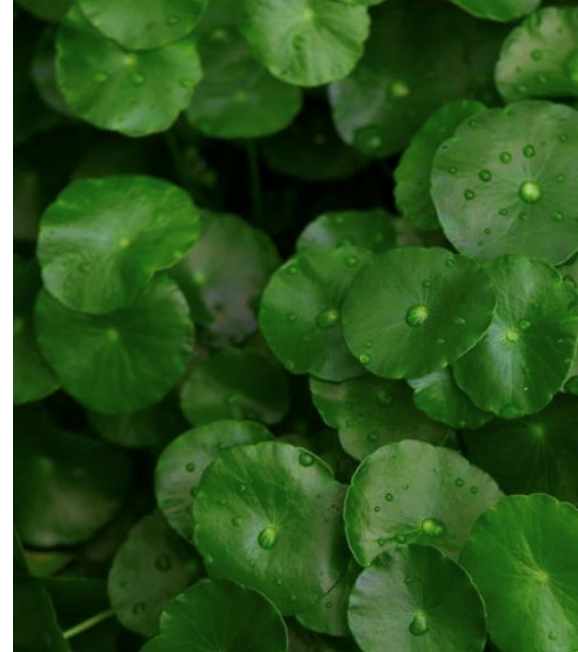


# Spring Health. Mental wellbeing benefits for your whole family.

Adobe partners with **Spring Health** to provide personalized care and resources to support you through any of life's challenges.



Spring Health can support you and your family's mental wellbeing with easy access to:

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## 12 free therapy sessions

You, your spouse or domestic partner, and dependents can each receive 12 free therapy sessions per calendar year starting in 2025.

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## Quick access

Schedule appointments directly on our platform and see a provider within two days, even on weekends and evenings.

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## Diverse network

Find a therapist you can relate to by filtering across specialty, gender, ethnicity, language and more.

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## Dedicated support

Your Care Navigator can help find the right therapist, set appointments, give advice and offer emotional support along the way.

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## Wellbeing 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.

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## Work-life resources

You and your family have access to free work-life resources, including support for legal assistance, financial services, travel and more.

## How to enroll:

[Adobe.springhealth.com](https://adobe.springhealth.com)

Work-life code: adobe

## Contact Spring Health

Email [careteam@springhealth.com](mailto:careteam@springhealth.com) or call your country's Spring Health [phone number](#).

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Spring Health is available at no cost to all Adobe employees, as well as their spouses or domestic partners and dependents.

Care with Spring Health is private and confidential.

