

Support for Achieving Your Best

Spring Health's work-life services offer support for day-to-day life.

Spring Health can connect you with experts and resources to make managing your life easier. Our work-life services can help you navigate legal or financial matters, get care for any member of your family, find household service providers, learn about health and well-being, and much more.

You can connect with a dedicated consultant for a curated list of local resources and referrals, or browse a digital content library to learn about many topics.

Work-life services can support you with:

- Child care, parenting, adoption, education
- Elder care, caregiver support, programs for seniors
- Healthy living, nutrition, fitness, medical care
- Home improvement, household service providers, buying/selling/renting property, moving
- Legal consultations, legal forms, estate planning
- Financial planning, budgeting, taxes, loans, debt
- Career development, workplace safety
- Pet care, pet sitting, obedience training
- Travel, living/working abroad



Spring Health work-life services are offered through your Comoto Holdings benefits. The service is staffed by professionals who are completely independent of your employer. They are bound by professional standards regarding confidentiality, and do not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared with your employer.

Work-life resources and expert consultations are available at no cost. Specialized services or referrals may be subject to hourly or flat fees.

Explore work-life resources:

Visit comoto.springhealth.com

Enter code: **comoto**

Speak with a work-life consultant:

Call 1-855-629-0554

Press 3 and ask for work-life services