

# Coaching with Spring Health

In addition to mental health support, Spring Health now offers faster, easier access to coaching to help you reach your goals and unlock your potential.

Are you looking to make a change? We all need a little encouragement from time to time. That's where Spring Health coaches come in. Unlike a close friend or a family member, our coaches bring a fresh, unbiased, and science-backed perspective to help you reset, get unstuck, and create the life you want.

## Types of coaching

**Personal development:** Achieve personal goals, greater fulfillment, and purpose

**Health and wellness:** Make sustainable lifestyle and behavior changes

**Parenting:** Navigate challenges that can come with raising children

## Getting started with coaching

Once you activate your Spring Health account and answer a few questions, you can access coaching through your personalized care plan.\* Filter coaches by gender, ethnicity, language, and specialty to find the right fit for your needs. Directly schedule coaching sessions online through your account.

\*If coaching is not available in your care plan, visit the "What's Available To Me" section to access coaching.

Connect with a coach starting on January 1, 2024:

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



Coaching isn't therapy or a substitute for therapy, but it can help you improve your life.

Most members can set and meet their goals within just 6 coaching sessions.

St. Johns County offers 6 free coaching sessions per year to each member age 18+. Spring Health is available at no cost to St. Johns County employees and their household members ages 18+.

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My coach is helping me celebrate the wins – no matter how big or small – and offering practical steps to guide me toward success.

| Spring Health Member