

spring health



Whole Self, Whole Health

Just like exercising regularly or going to the doctor for an annual checkup, prioritizing your mental wellness supports your overall health. Spring Health—your Sony Pictures benefit—gives you the tools to live a healthier, happier life.



At no cost, you can use Spring Health for:



In-app wellness exercises



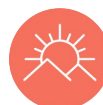
Personalized care recommendations



Dedicated support



Therapy



Work-life services



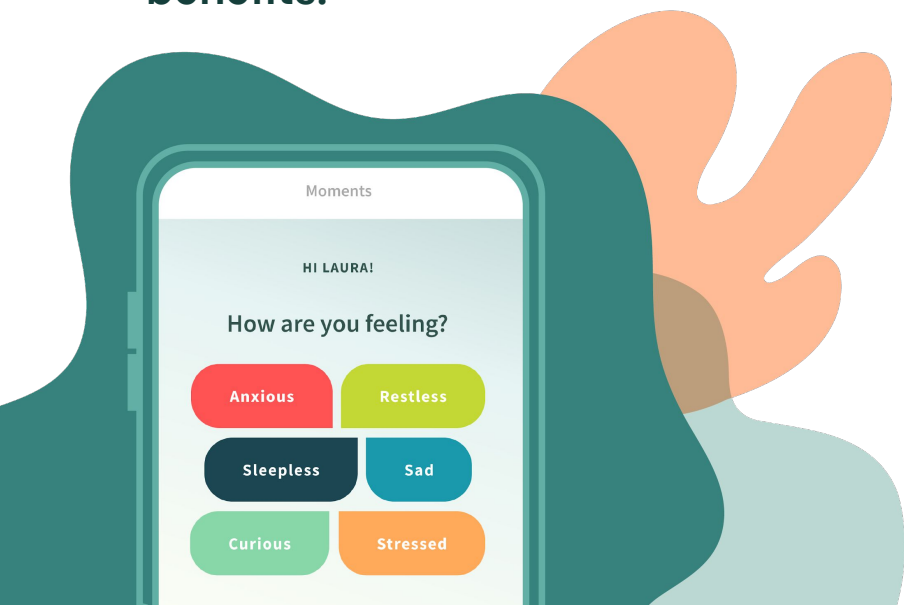
Coaching



Medication

Your benefit will be live 1/1/2022

sonypictures.springhealth.com to activate your benefits.



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

Search for “Spring Health Mobile” in your app store:

