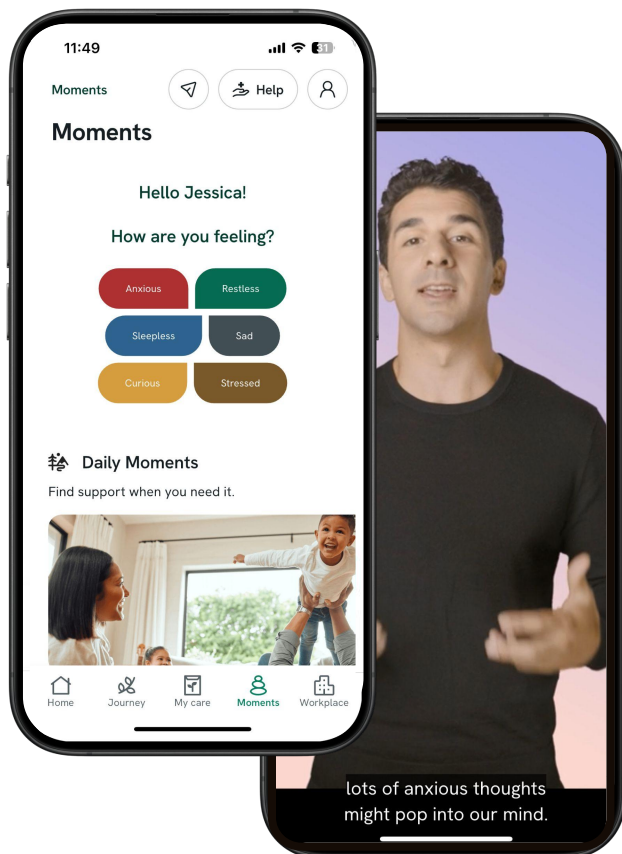


Taking a moment for mental health, made easier

Find relief and develop resilience

Moments is a **library of on-demand, digital exercises** based on Cognitive Behavioral Therapy and evidence-based techniques. The collection is designed to bring immediate relief while promoting long-term skills for developing and maintaining mental wellbeing.



Backed by research, proven to work

Moments exercises have been heavily vetted through clinical trials to ensure effectiveness.

87% of users **saw improvement** in anxiety symptoms

40% **reduction in symptoms** for eating disorders

30% **immediate symptom reduction** across conditions

Access Moments anytime, anywhere

Members can tap or click into Moments from the Spring Health mobile or web app for on-demand relief at home or on-the-go.

Moments videos are globally available in all platform languages.

Expansive, growing library of digital exercises

1000+ video and audio-based exercises and articles support progress across a spectrum of conditions, including:

- Anxiety
- Focus
- Depression
- Emotions
- Burnout
- Eating
- Parenting
- Personal Growth
- Relationships
- Sleep
- Breakups
- Loneliness
- Substance Use
- Mindfulness
- Career

Part of each member's personalized care plan

- Spring Health uses **Precision Mental Healthcare** technology to recommend Moments at the right time for members, based on how they're feeling
- Care Navigators and providers may **recommend specific Moments exercises** for members to practice on their own time as an alternative or supplement to therapy

