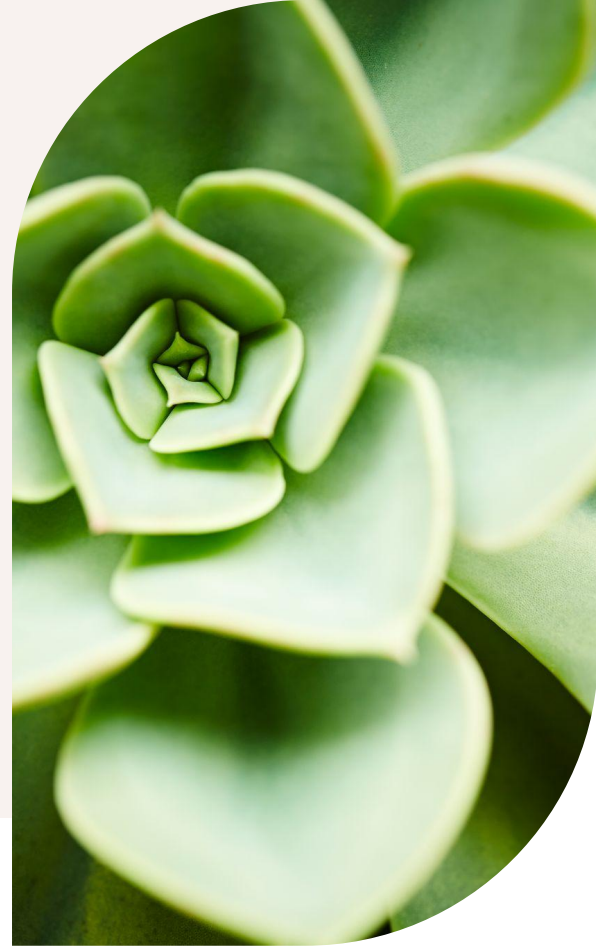


# Meet Spring Health, your mental health and wellness benefit.

EMR USA Metal Recycling has partnered with Spring Health to provide all EMR employees access to personalized mental health support and work-life resources — **confidentially and free.**



## You and your dependents have access to:



### Confidential therapy

Meet with trusted therapists in as soon as two days. Up to **6 sessions covered at no cost** by EMR USA Metal Recycling.



### Care for loved ones

Guides and resources for finding child or elder care, as well as pet services and adoption.



### Dedicated support

Care Navigators connect you to care and guide you on your journey.



### Legal assistance

Legal consultation for matters like divorce, landlord/tenant issues, bankruptcy, and more.



### Medication management

Meet with prescribers who can manage mental health medications.



### Financial assistance

Talk to experts about financial planning and get help when you face financial challenges.

*Spring Health is private, confidential, and free for all EMR employees — health insurance through EMR is not required.*



## Activate your account

Scan QR or go to: [emr.springhealth.com](https://emr.springhealth.com)  
For work-life services enter code: **emr**  
For mental health click: **create my account**

Contact a Care Navigator:  
[careteam@springhealth.com](mailto:careteam@springhealth.com)  
1-855-629-0554  
M-F 8am-8pm EST

