



Spring Health 



LiUNA!

Spring Health is here for you to help you feel better, sleep better and stress less. *At no costs to you.*

You have a chance to win a prize for taking the first step or that next step in your care journey!

New and existing members

Register or schedule an appointment during
June 1 - August 30, 2026 to earn a chance to win a Makita drill set!

How to get started:

Scan the QR code or visit rilhf.springhealth.com



One entry per member and drawing will be awarded within 30 days of the campaign deadline.

What is Spring Health?

We are a mental health solution provided by your employer that's focused on providing you with the care you deserve.



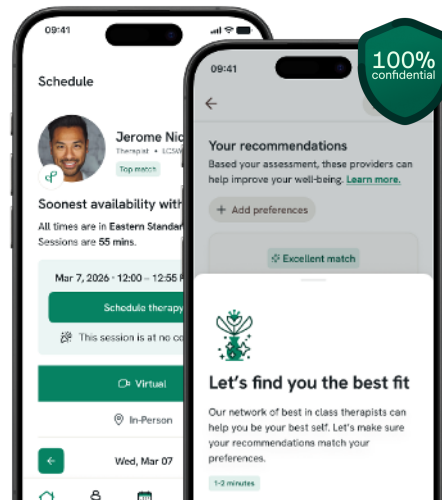
Care that's fast

2 days or less to secure an appointment with a Spring Health provider



Care for you and your family

Whether you or your dependents simply want to enjoy every day more or have more acute needs, we have something for everyone.



What's covered for dependents



- Free therapy sessions
- Free coaching sessions
- Meditation exercises
- Self-guided videos for sleep, anxiety, and burnout

"I used to tell myself that I didn't need help because I could handle it on my own. After just the first session with Spring Health, I noticed a difference in my mood and how I deal with things in daily life."

- Spring Health Member