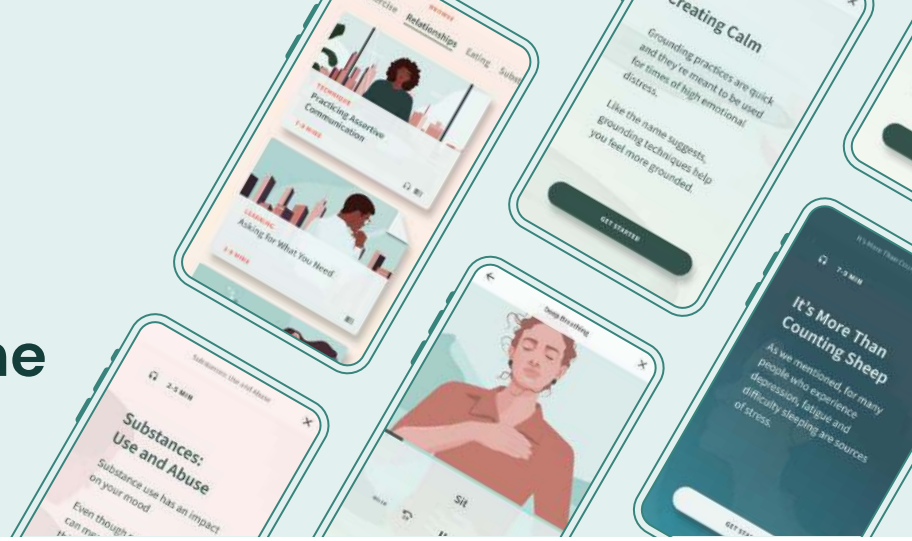


Build mental health habits for life, from the palm of your hand



Moments is a library of on-demand exercises based in cognitive behavioral therapy (CBT) techniques, designed to bring immediate relief while promoting long-term skills for maintaining mental well-being.

Backed by research, proven to work

Moments exercises were 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

Unlimited access — anytime, anywhere












Tap into *Moments* directly from the Spring Health mobile app, for on-the-go mental wellness whenever you need it

The perfect supplement to your mental health journey

Leverage *Moments* exercises to help support your progress outside of therapy sessions



Tap into a better you, with exercises covering:

-  Anxiety
-  Focus
-  Personal Growth
-  Depression
-  Sleep
-  Emotions
-  Exercise
-  Relationships
-  Eating
-  Substance Use
-  Mindfulness

Access **Moments** within the Spring Health mobile app on iOS and Android

Any questions? Reach out to partnerships@springhealth.com