

Life is easier with the right support.

You don't need to wait for a crisis to prioritize your mental health. Myriad Genetics, Inc. partners with Spring Health to provide personalized care and resources to support you through any of life's challenges.

Spring Health can support your mental health with easy access to:

Free therapy

Get convenient, confidential support from a therapist of your choice. Each member (age 6+) gets 8 sessions per year.

Wellness exercises

Moments is a library of self-guided exercises that can help you manage stress, calm anxiety, beat burnout, improve sleep, and be more mindful.

Care guidance and support

A Care Navigator can walk you through your care plan, help you find the right provider, and support you along the way.

Diverse providers

Choose a therapist you can relate to. Browse recommendations or search by specialty, gender, ethnicity, or language.

Personalized care

Take a short online assessment to get care and provider options that support your unique needs, goals, and preferences.



Contact Spring Health:
springhealth.com/support
1-855-629-0554

General support: M-F, 8am-11pm ET
Crisis support: 24/7 (press 2)

Learn more and get started:
care.springhealth.com
Spring Health mobile app

Spring Health is available at no cost to all Myriad Genetics, Inc. employees and their dependents.

Your care with Spring Health is private and confidential.

