



Spring Health

MENTAL HEALTH SUPPORT

Your Tools for a Happier, Healthier Life

NEW for 2025!
EAP through Spring Health

QUIKTRIP + SPRING HEALTH

QuikTrip is sponsoring access to Spring Health at no cost to QuikTrippers. Once you activate your account, your member dashboard will outline the specific benefits available to you. Spring Health supports a broad range of needs, from navigating daily struggles to treating mental health conditions. Common examples include personal or professional challenges, stress, anxiety, depression, grief, burnout, anger, trouble focusing, sleeplessness, alcohol or substance abuse, and suicidal thoughts.

FREE AND CONFIDENTIAL SESSIONS

6 **Therapy Visits**
virtual and in-person

6 **Coaching Visits**
virtual only



Download the Spring Health app from the App Store or Google Play

quiktrip.springhealth.com



scan QR code to get started



PERSONALIZED CARE PLAN

Answer a few questions to unlock care recommendations that support your unique needs and goals.



DIVERSE PROVIDER OPTIONS

Easily find a trusted provider who fits your preferences and understands you.



FAST ACCESS TO CARE

Get support within a few days, at a time that fits your schedule - even on nights and weekends.



GUIDANCE AND SUPPORT

You can count on Spring Health to help navigate every step of your well-being journey