

Get what you want out of life

With the help of a Spring Health Coach

Do you know how to turn your dreams into reality? Most of us don't — and that's okay! Spring Health offers coaching to help you unlock your potential and reach your personal or professional goals.

Spring Health is available at no cost to Alera Group employees and their dependents. Each member age 18+ has access to access to 10 free coaching sessions per year.

Is coaching right for me?

Coaching can help you maximize your potential, take practical steps toward your goals, and improve your overall well-being. However, coaching is not a substitute for therapy. It may be right for you if you're at least 18 years old, you don't have an untreated serious mental health condition, and you're ready to make a change.

How can a coach help me?

No matter what you want to accomplish, coaching can help you create your path to success. A specialized coach will work with you to build a realistic plan to develop new skills, build healthier habits, and achieve your goals. They'll act as an accountability partner and provide unbiased guidance and encouragement to support your progress.



"I asked for a coach who was close to my age and female, because raising children, working, hormonal changes, and caring for elderly parents affect women differently than men. [My coach] can relate to my life experience and provide wisdom and advice that comes from having lived it, not just learned about it in a book. Working toward healthier living, balance in work and life, self-care, and accountability with a coach helps tremendously!"

Spring Health Member

What do Spring Health's coaches specialize in?

Our diverse network of certified coaches covers 35+ unique specialties and 20+ languages, so you can be sure to find the right coach for you. **Below are just some of their areas of expertise.**

Emotional Well-Being	Physical Activity
Self-Care	Hormone Health
Stress Management	Pre/Postnatal Support
Sleep	Chronic Illness
Spiritual Well-Being	Neurodivergent Support
Mindfulness	Tobacco Cessation
Personal Development	Recovery/Sobriety
Confidence/Self-Esteem	Support
Communication	Financial Well-Being
Relationships	Work-Life Balance
Life Transitions	Creativity
Parenting	Productivity/Performance
Physical Well-Being	Professional Development
Women's/Men's Wellness	Career Growth
LGBTQIA+ Wellness	Leadership Support
Nutrition	



How do I find the right coach for me?

Through your Spring Health account, you can easily browse and filter coaches by speciality, gender, ethnicity, and language spoken. You can see their upcoming availability and book virtual sessions online. For your convenience, many coaches offer appointments on nights and weekends.

For example, if you were looking for [financial coaching support](#) from a [Black woman](#) who [speaks English](#), you would select the following filters.

Filters:

Specialty 1 Gender 1 Ethnicity 1 Language 1

Black or African American × English × Financial Wellbeing × Woman ×

Commit to your goals today

1. **Activate or log in to your Spring Health account at aleragroup.springhealth.com.**
2. Locate coaching in your care plan* and click "Find a coach."
3. Browse available coaches and book a virtual session.

For support, visit springhealth.com/support or call **1-855-629-0554**.

Your care with Spring Health is private and confidential.

*If coaching is not part of your care plan, you can work with your Care Navigator to find and schedule an appointment with a coach.