

# Need help with substance or tobacco use? *We can help.*

Spring Health's flexible substance use and tobacco cessation programs offer effective, proven strategies to help members quit for good.

## Alcohol and Substance Use Support:

We understand how challenging and discouraging seeking support can feel. With Spring Health, you have access to best-in-class alcohol and substance use support programs to ensure you or a family member receives the right care when it's needed most.

### Program features:

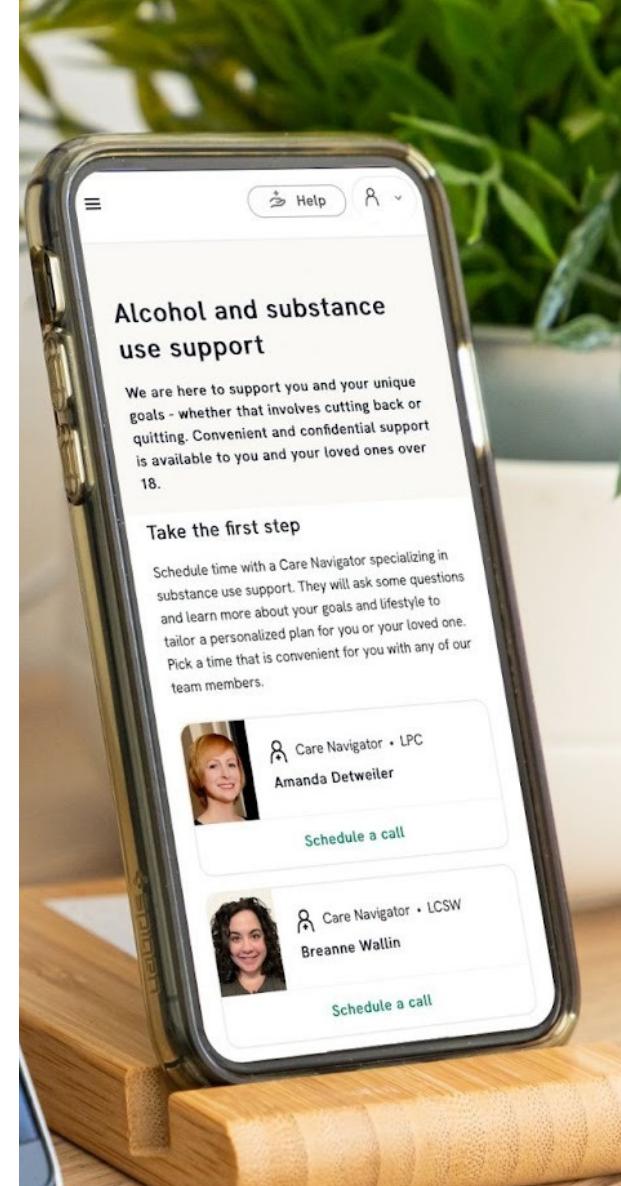
- Range of flexible and convenient treatment options
- Accessible from anywhere, even the privacy of home
- Budget-friendly, with free unlimited support from a specialized clinician
- Available for adult dependents (ages 18+)

## Tobacco Cessation Support:

Quitting tobacco at any age and in any form benefits your overall well-being. Spring Health partners with 2Morrow Health to provide evidence-based programs, including nicotine replacement therapy, developed by psychologists.most.

## 2Morrow Health Support Features:

- Confidential care
- On-demand access through the app or web
- Unlimited text-based coaching support
- Support or stress and weight management, two common concerns for people quitting



**Get started  
in a few  
easy steps:**



1. Sign up or log in at [clorox.springhealth.com](https://clorox.springhealth.com)
2. Complete a quick assessment
3. Based on your results, your Care Plan will direct you to the support that's right for you

All programs are confidential. Your care is never shared with your employer. Take the first step towards a healthier you—and start building a brighter, healthier future today.