

# DC 16 Members: Watch & Win!

**From July 1st - October 15th  
Learn About Your Spring Health Benefit  
And Enter to Win Up to \$1,000!**

DC 16 members have access to Spring Health, a confidential mental health and wellbeing benefit available to you and your family.

Now, we're making it even easier - and more rewarding - to learn about it.

## It's Easy:

- **Go to [dc16trustfund.org](https://dc16trustfund.org)**
- **Watch the Spring Health video**
- **Scan the QR code at the end**
- **Enter the raffle**

## Raffle Prizes:

1 Gold Prize: \$1,000

2 Silver Prizes: \$500 each

8 Bronze Prizes: \$250 each

All prizes awarded in Purpose Built gift cards.

**Take a few minutes to learn about your benefit and get entered to win.**

**Visit [dc16trustfund.org](https://dc16trustfund.org) today!**



**Get started today**

[dc16trustfund.springhealth.com](https://dc16trustfund.springhealth.com)

**Spring Health mobile app**

Work-life code: dc16trustfund

**Contact Spring Health**

[springhealth.com/support](https://springhealth.com/support)

**1-855-629-0554**

General support: M-F, 8am-11pm ET

Crisis support: 24/7 (press 2)

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Spring Health is available at no cost to all District Council 16 Health & Welfare Trust Fund members and their dependents (age 6+).

**Your care with Spring Health is private and confidential.**