

Free Legal and Financial Help for Hormel Team Members

Spring Health's work-life services are here to make life easier for you and your family.

Get free expert help with everyday needs — from child care and elder care to **free legal and financial advice** — whenever you need it.

What You Get — For Free:

- **One 30-minute session with a lawyer — every year**
- **One 30-minute session with a financial advisor — every year**
- **Discounted rates** if you need more help after your free sessions

You get free help with:

- Child care, parenting, and education advice
- Elder care and caregiver support
- Healthy living, nutrition, and fitness tips
- Help finding household services or moving
- Legal help — wills, documents, legal questions
- Financial help — taxes, budgeting, debt advice
- Career advice and workplace safety tips
- Pet care and pet training support
- Travel and moving help



Private, Free, and Easy to Use

- Your information is 100% private.
- Hormel will not know if you use these services.
- You get **one free 30-minute session** with a **lawyer** and a **financial advisor** each year.
- After that, extra help is available at discounted rates.
- Talk to real people who can help with everyday life — legal questions, money advice, child care, elder care, and more.

Explore work-life resources:

Visit hormel.springhealth.com

Enter code: hormel

Speak with a work-life consultant:

Call **1-855-629-0554**

Press 3 and ask for work-life services