

Modern Health's Onboarding Experience

Modern Health is your mental wellness benefit through your employer that provides you and your eligible dependents access to personalized 1:1 support, group support, and self-serve resources so that you and your loved ones can be the best version of yourselves — at home, at work, and in your relationships.

Modern Health's onboarding experience is designed to help you explore or access the care you or a dependent needs as quickly as possible.* You will see the following options once you create a Modern Health account:

Start exploring

If you just want to see what Modern Health has to offer or work on your mental and physical well-being on your own, this is a great place to start.

Get a recommendation

If you'd like some guidance on where to start, you can take our health survey and get tailored care and resource recommendations.

Work with a care professional

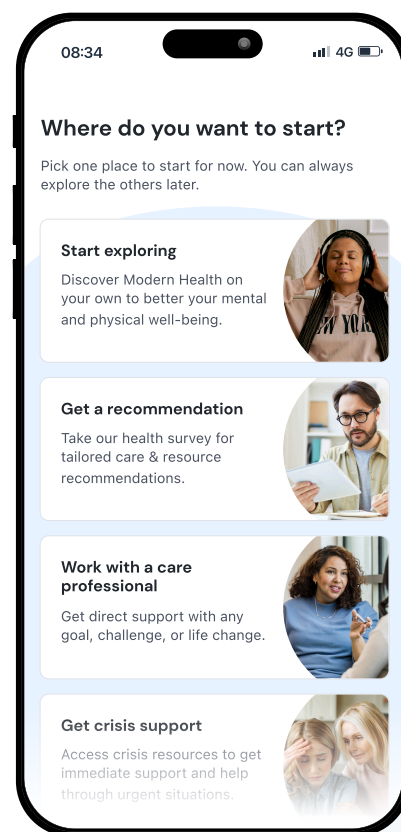
If you're ready to begin working with a coach or a therapist, start here. You will be directed to complete our health survey so we can find the right match for your needs.

Get crisis support

If you need immediate support, this path will direct you to the most immediate crisis resources.

Get care for your family

If you're looking to get care for your loved ones, this will direct you to the new family care dashboard where you can add family members to Modern Health and get provider matches for your minor dependents.



**Please note that if you have already onboarded Modern Health, you will be directed to the homepage upon logging in and will not see the onboarding experience again.*



Get started in minutes!

Scan this QR code. Or go to my.modernhealth.com

Questions? help@modernhealth.com

