

Support for the most important people in your life.

Your employer partners with Modern Health to provide you and your dependents with resources that support your mental well-being. Through Modern Health, you and your eligible dependents each have access to:

- One-on-one sessions with care providers
- Unlimited group support
- Unlimited messaging with providers
- · A library of resources, including meditations, courses, and audio programs

Inviting your dependents to join is easy:



1 Activate your account and select Get care for your family on the Home tab



2 Explore care options and select Add family member



3 Enter your dependent's information



4 See what care is available to your dependent and get started



Get started in minutes!

• Scan this QR code or go to my.modernhealth.com

• Questions? help@modernhealth.com



