

Modern Health for Modern Health

Comprehensive mental health & well-being resources
for you and your families.

MENTAL
HEALTH



WORK-LIFE
HARMONY



RELATIONSHIPS
& COMMUNITY



HEALTHY
HABITS

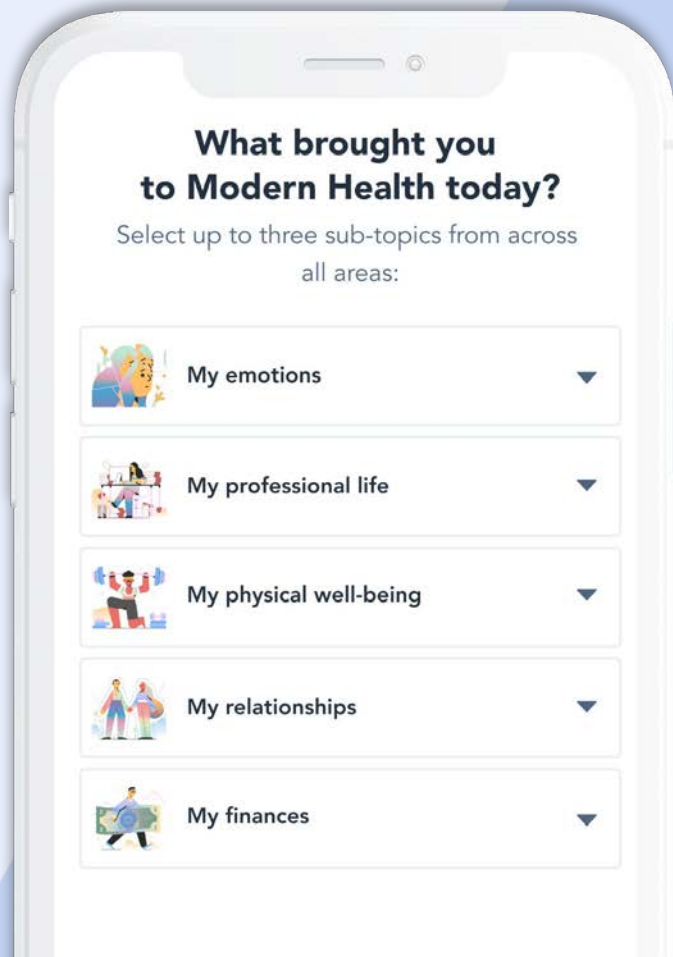


FINANCIAL
WELL-BEING



How to get started

Scan the QR code to download the Modern Health app or go to my.modernhealth.com



Our Time Together Today

1. What is Modern Health
2. What's Included for You
3. How to Get Started
4. Q&A



What is Modern Health?



A mental health & well-being resource, designed to help you **be your best self**, at home and at work.



**What impacts how we
show up in our day-to-day?**



Our well-being is tied to **all** aspects of our lives.

Modern Health supports all 5 pillars of well-being.

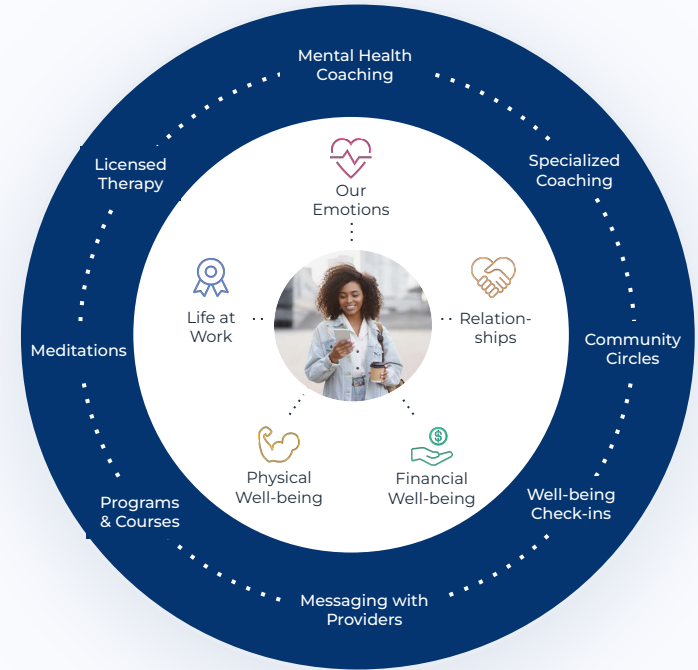


And as our lives
change, **so do**
our needs.



Modern Health brings it all into **one** **simple platform.**

So you can focus on what's most important to you,
in the way that works best for you — even when
needs change.



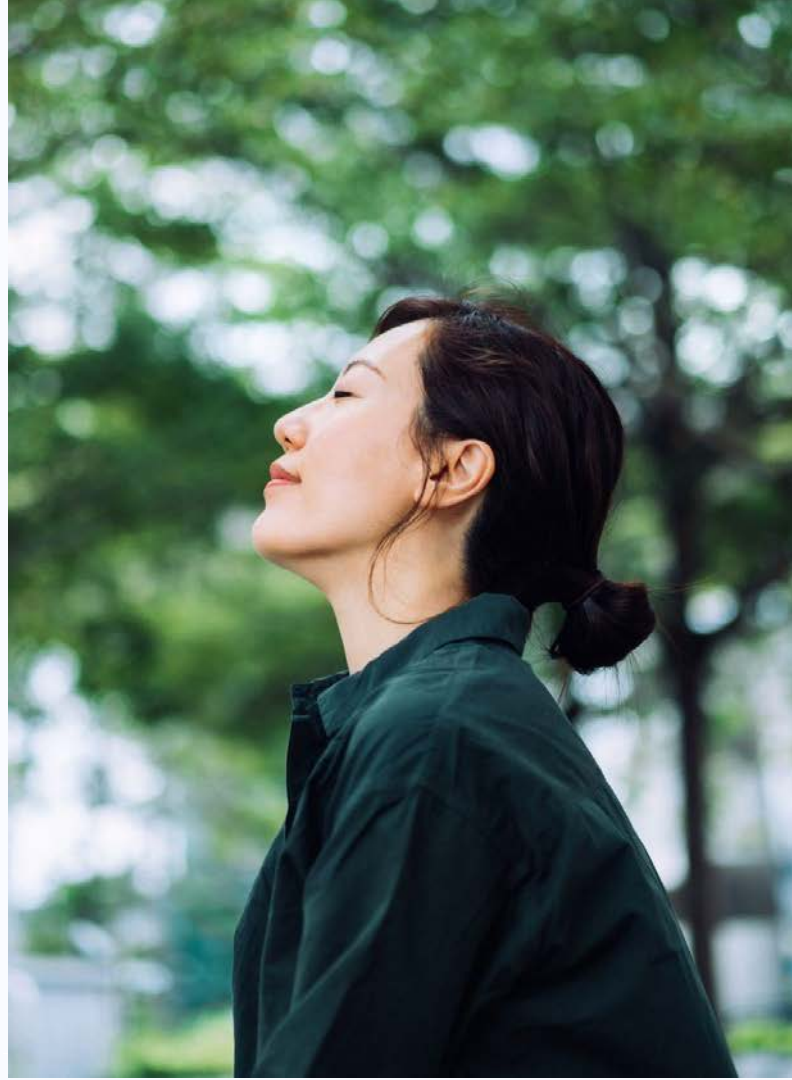
What's included for ZOLL employees?



You're in good hands.

All Modern Health coaches & therapists in our global provider network are vetted to meet our high bar for expertise and evidence-based care.

They are also assessed for cultural humility to ensure each individual is respected and appreciated for their unique life experiences.



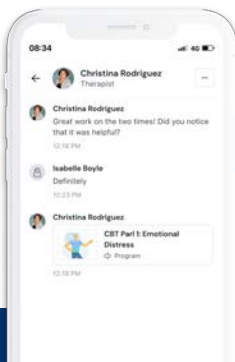
What's included for ZOLL employees & your families, at no cost to you.



Provider Sessions

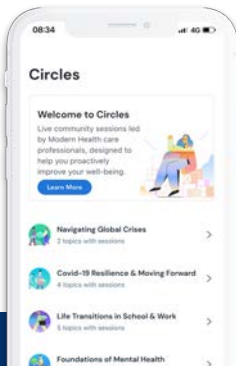
8 Coaching sessions

8 Therapy sessions



Provider Messaging

Unlimited



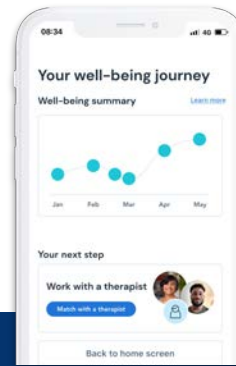
Community Circles

Unlimited



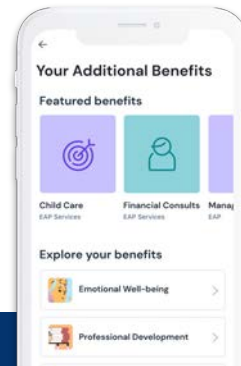
Habit-building Activities

Unlimited



Well-being Check-ins

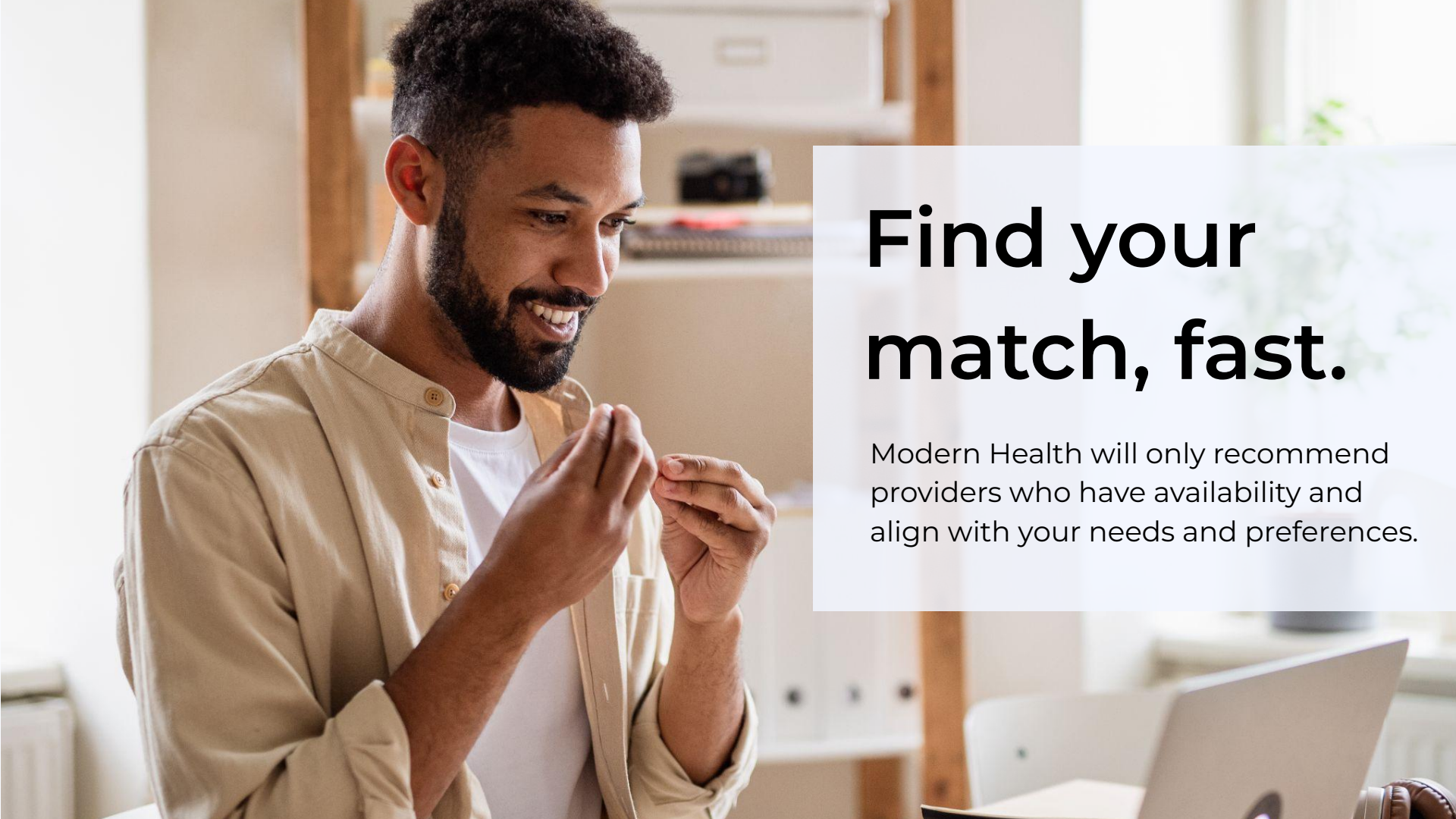
Unlimited



Extended Benefits Access

Unlimited

*Sessions reset
annually on April
30th.*



Find your match, fast.

Modern Health will only recommend providers who have availability and align with your needs and preferences.

The Power of Coaching

At Modern Health, our coaches are trained in the same evidence-based techniques as therapists to help you grow, improve, and thrive..

- ✓ Reduce stress & burnout
- ✓ Create healthy habits & goals
- ✓ Learn actionable tools & strategies



The thing is I really love you guys :) Your platform, your services and your professionals. And, specifically, the **coach I've been working with lately**. She's **helping me tremendously, both at a professional but also personal level.**"

- Modern Health Member



GROUP CARE | CIRCLES

Modern Health Circles™

Modern Health Circles™ are live group sessions, designed to be psychoeducational spaces for group-learning and community-based support. Circles are led by Modern Health coaches and therapists on a broad spectrum of topics that impact how we show up personally and professionally — ranging from foundational mental health subjects to global events, social justice issues, and community and affinity group spaces.

Modern Health continuously develops new Circles topics and offer four unique formats:

Listen & Learn Circles

Hear from experts on navigating life's challenges and learn alongside others in a cameras-off environment.

Skill-building Workshop Circles

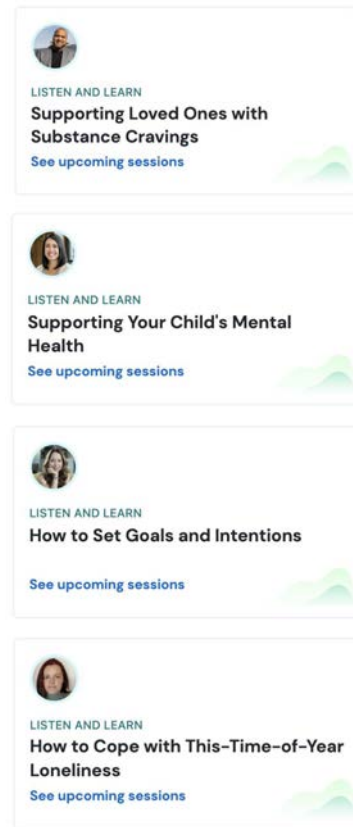
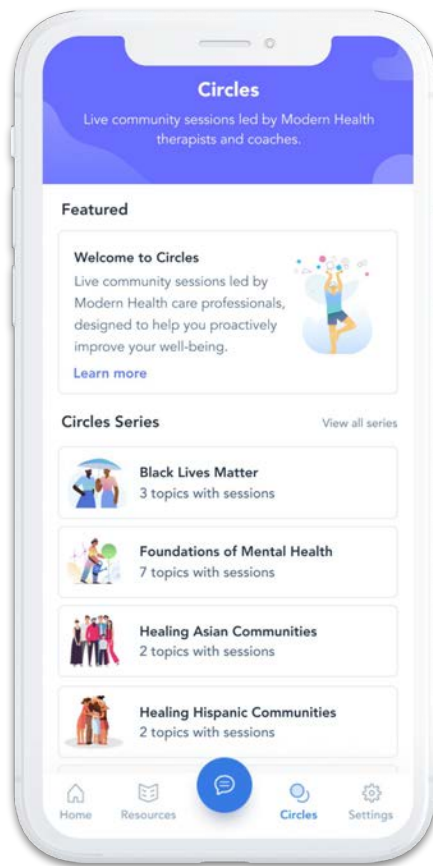
Workshop-style sessions for those who benefit from concrete tools. Leave with tips and skills to put into action.

Discussion Circles

A safe space to heal, share, and connect with others.

On-Demand Circles

The best of live Circles made available on-demand to view at any time, on your own schedule.



We're here for you, throughout your journey.

For more information:
support.modernhealth.com



Manager Supervisory Services

In addition to Modern Health's core one-on-one coaching, therapy, Pathways, group Circles, and self-paced Courses and programs, you have complimentary access to professional consultants that can help managers and leaders navigate employee performance and personal problems, team or work group conflicts, and workplace crises.

Managers can also benefit from the expertise of our counselors. Supervisory Services is a highly specialized service for managers that includes expert advice in handling difficult and complex employee matters.

Who these services are for:

- Supervisors and managers
- Human Resources staff (HRBPs, Employee Relations, DEIB team)
- Benefits personnel
- ECN Leads (employee community network)

What professional consultants can help you with:

- Confronting an employee about performance issues
- Employee personal problem
- Suspected drug or alcohol use on the job
- Interpersonal conflicts between team members
- Establishing clear, attainable expectations for performance
- Addressing crisis situations, such as a violent incident, the death of an employee, or a natural disaster



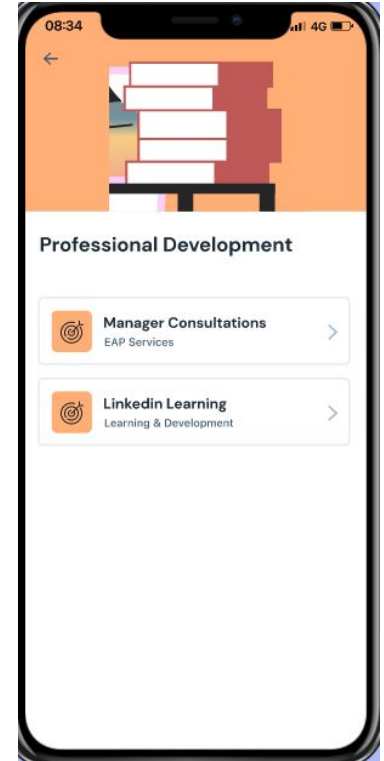
Manager Supervisory Services

How professional consultants will work with you:

- Help define the employee or workplace problem
- Suggest options for how to address the difficulty
- Assist with developing a plan of action
- Refer you to Modern Health or other resources
- Provide ongoing coaching as needed

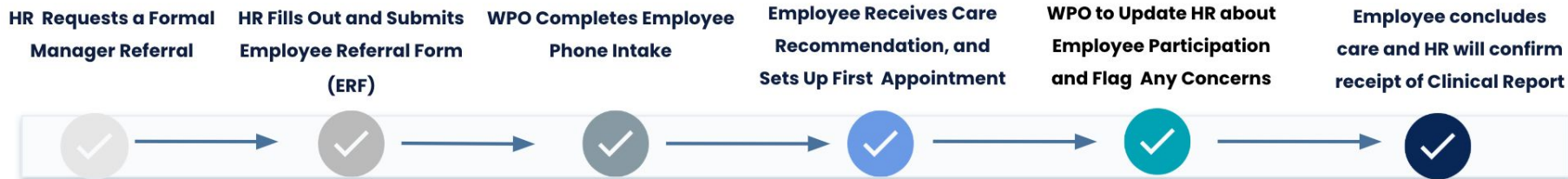
How to access services:

- Directly within the Modern Health app → additional benefits→ professional services
- OR Call the Modern Health Helpline
 - Share your company name and that you'd like to connect with supervisory services
 - Give a brief description for your call. "I would like support with a challenge I'm experiencing with an employee..."



Mandatory Referral/Formal Manager Referral Process

This service offer support for employers who have an employee that may be struggling with substance abuse, anger management issues, or other issues that could impact their performance and safety at work. As part of the process, the employer will work with WPO to outline the issues they are seeing, create a plan for the employee, and ensure the plan is within company guidelines.



HR leader calls 24/7 toll-free number to initiate support

Referring Manager (RM) submits completed Employee Referral Form (ERF) for EAP Services via email.
(ManagerConsult@workplaceoptions.com).

****WPO will confirm receipt of Employee Referral to the Referring Manager(s) within 4 hours.**

If it is determined that the employee requires a higher level of care than the EAP benefit can provide for mental health or substance abuse issues, the employee will be provided referrals for the appropriate resources. Please speak with WPO if you need confirmation of completion of recommended services for the purposes of documenting that the employee completed the Formal Manager Referral.

WPO will reach out to the employee to complete a phone intake within one business day of receiving the completed Employee Referral form.

****WPO will notify the Referring Manager(s) once the intake has been completed OR once WPO has made three separate attempts to reach employee without success.**

If the employee is recommended for counseling sessions, WPO will locate a provider within two business days and will request for the employee to contact the selected provider within the next two business days and notify WPO of first appointment date.

****Once WPO confirms employee attended the first appointment, they will provide an update to the Referring Manager(s).**

WPO will continue to receive a Session Review from the provider following the approved sessions and will update the Referring Manager(s) of ongoing participation and of any concerns of employee participation as they occur during the course of the referral.

****The Referring Manager is permitted to request an update from WPO at any point during the course of the Employee Referral.**

At the conclusion of treatment as recommended, a Clinical Report will be provided to the Referring Manager(s). The case will be closed once a Referring Manager confirms the Clinical Report has been received or WPO makes three separate attempts to confirm receipt of the Clinical Report document.

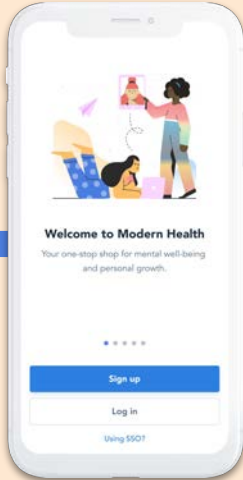


How and when to refer to Modern Health

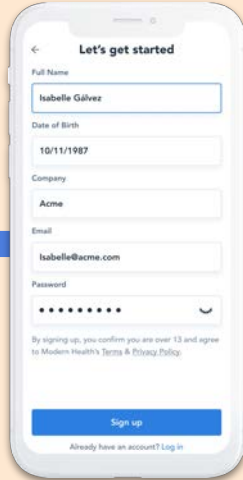
LEVEL	SITUATION	EXAMPLE	RESPONSE	Contact Info
	Team member is on the verge of causing harm to self or others	"I don't think I can stop myself from hurting myself"	Call security, Suicide Prevention, and/or Emergency Services	For example, 911(US) or your country emergency services
	Team member is expressing thoughts of self-harm or suicide	"I feel like everyone would be better off without me."	Direct teammate to 24 x 7 Support through Care Connect EAP & refer them to Modern Health for ongoing therapy	Modern Health Helpline Modern Health App / Website
	Team member comes to you with lower level distress	"I'm feeling really anxious about work."	Have a conversation and refer them to Modern Health for coaching or therapy	Modern Health App/Website
	You notice a change in team member's behavior	Team member has stopped speaking up in meetings	Proactively have a conversation with your team member & refer them to Modern Health for coaching or therapy	Modern Health App/Website



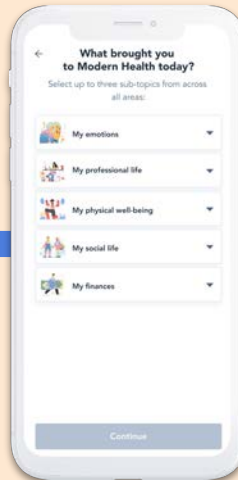
How Modern Health works



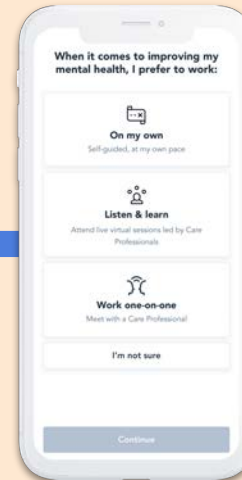
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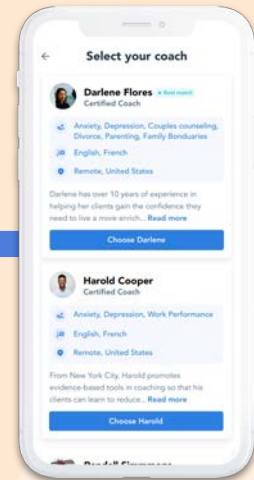
2. Sign up with your work email



3. Answer a few questions about your needs



4. Tell us more about your preferences



5. Receive your personalized recommendation





Questions?

