## INTRODUCING



## **Modern Health**

Comprehensive benefits for mental wellness -- so that you can access the support you need, when you need it.

- Certified Personal Coaching:
   Work towards your goals with a coach who specializes in your areas of focus, through live texting or video sessions.
- Digital Courses & Meditations:
   Proactively build mindfulness habits into your life through research-backed programs.
- Licensed Therapy:
   If you need clinical care, access a network of therapists for in-person or video visits.

Step 1 of 2 What can we help with? Choose up to 3 topics that you want to focus on: Work Performance Relationships Stress & Anxiety Healthy Lifestyles Financial Wellbeing **Diversity & Inclusion** Life Challenges Continue











Download the Modern Health app to get started.