

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.

Download the Modern Health app to get started.

