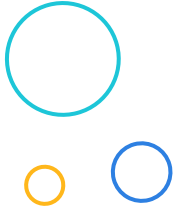


Welcome to Modern Health!

Your home for mental well-being & personal growth





Our Time Together Today

1. What is Modern Health

2. What's Included for You

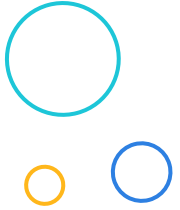
3. How to Get Started

4. Q&A



What is Modern Health?





We're on a mission to help you **be your best self**,
at work, at home, and in your relationships.



Accessible



Evidence-Based



Personalized



Confidential

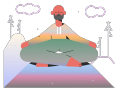




**What impacts how we show up
in our day-to-day?**



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



Emotional Health

Anxiety
ADHD
Autism Spectrum
Depression
Disordered Eating
Grief
Mindfulness
Spirituality
Obsession &
Compulsions
Trauma



Professional Health

Burnout
Career Change
Workload
Promotions
DEI at Work
Work/Life
Balance
Reduction in
Workforce



Social Health

Romantic
Relationships
Friendships
Divorce/Breakups
Community
Inclusion &
Belonging



Physical Health

Exercise
Healthy Diet
Medical/Health
Sleep
Chronic
Conditions



Financial Health

Goals
Budgeting
Saving
Debt
Investment
Financial
wellbeing



Modern Health brings everything you need into a single platform.

Focus on what's most important to you, in the way that works best for you.



What's included for **Exelixis employees & dependents**:

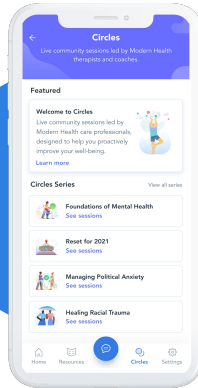
One on One Sessions



6 Sessions with Certified Coaches

6 Sessions with Therapists, as needed

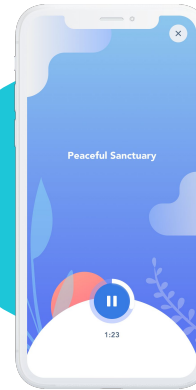
Group Circles



Circles: Live Provider-Led Community Sessions

Unlimited Access

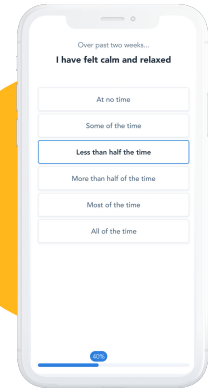
Self-Serve



Self-Paced Digital Content Library

Unlimited Access

Accountability



Well-being Check-ins

Unlimited Access



The Power of Coaching

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

- ✓ Reduce stress & burnout
- ✓ Learn actionable tools & strategies
- ✓ Create healthy habits & goals
- ✓ Get culturally centered support



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."**

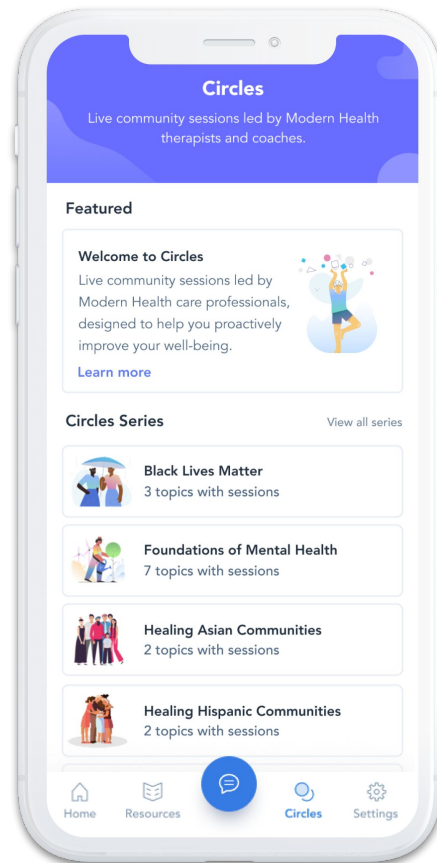
- Modern Health Member



MODERN HEALTH CIRCLES

Live community sessions led by coaches & therapists

Discussions, Workshops, and Listen & Learn sessions on topics that matter to you. Modern Health Circles are safe spaces for communities to collectively process, connect, and learn.



Maintaining
Perspective

Getting
Better Sleep



Quieting
Negative Thoughts



Black Lives
Matter



Transgender
Stories



Building
Healthy Habits



Manager
Mental Health



Healing Asian
Communities



Parenting
Support

Fresh Digital Content for Guided Self Care

1 in 4 members prefer self-guided digital care. We offer you something new each week, through original daily content that helps build healthy mental health habits.

Digital Content:

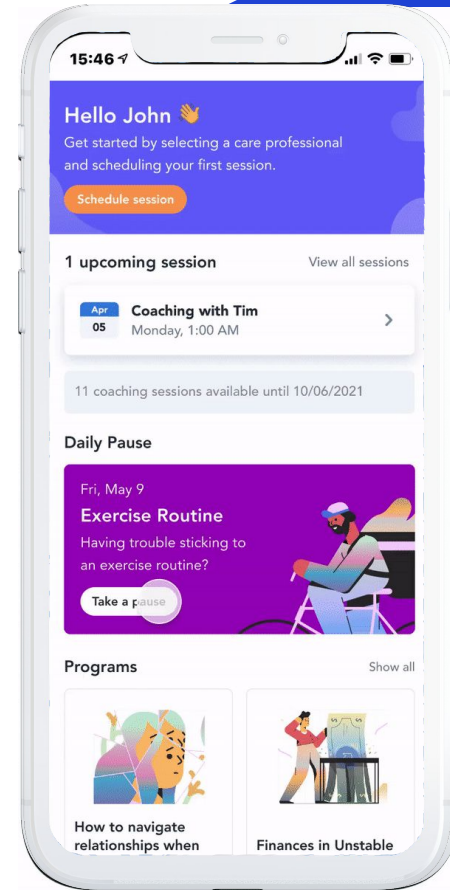
- Daily Pause
- Podcast Series
- Courses
- Well-being Kits (interactive programs)
- Meditations

92%

Of members say it helped them feel more calm and centered

81%

Of members say it has improved their well-being



Modern Health is there for you, even as needs change.



Emma Miller

Business Insights Manager
London, UK

Life Stressors:

- Up for promotion
- Wants to meditate more often
- Balancing 6 year-old at home

Signs up for
Modern Health

Meets weekly with coach
leading up to promotion

Attends **Live Circle** for
working parents

Matches with
German-speaking
Professional Coach for
support with stress
related to promotion

Coach recommends
completing a daily
Mindful Walking
meditation



Modern Health is there for you, even as needs change.



Luis Aguilar

Software Engineer
Lima, Peru

Needs:

- Sleep Difficulties
- Conflict with partner
- Financial stressors

Signs up for
Modern Health

Matches with Spanish speaking
Mental Health coach who
focuses on **relationships**

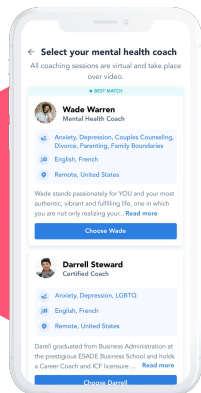
Has two sessions with a
financial coach on
monthly budgeting

Attends Skill-Building
Group Circle on Sleep
Hygiene

Mental Health Coach
recommends digital
exercises on **navigating
difficult conversations**

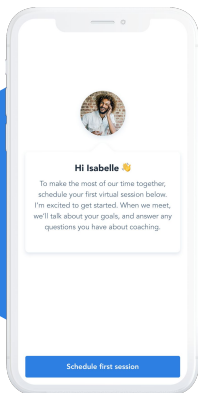


Why you'll love Modern Health



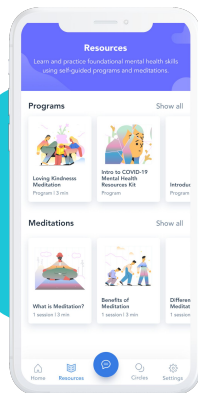
Quick Access to Personalized Care

Get the quality care you deserve. We'll assess your need and match you with the right provider in no time.



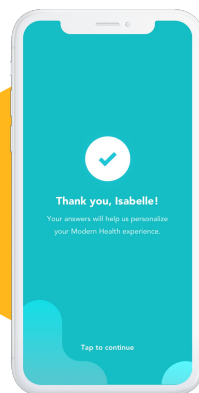
Support from Best-in-Class Specialists

Our certified coaches and therapists use only proven, evidence-based methods to support you.



Find what you need, in one easy-to-use app

Access support in the way that works for you – 1:1, in a group, or on your own.



Be confident your info stays private

Our platform is HIPAA & GDPR compliant and we never share personal information with your employer.



See results, with quick access to personalized care.

Quick Access to Care



1.8

Days median
to first-available
1:1 session

Best-in-Class Providers



89%

Agree that their provider
has improved their
well-being

Culturally Responsive



50+

Languages spoken by
our coaches & therapists
across 50+ countries

Inclusive Community



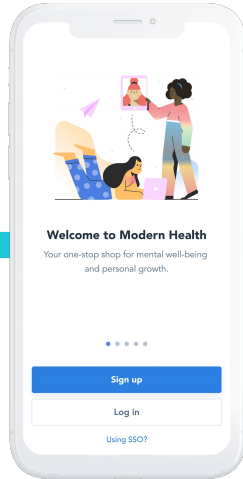
84%

Respondents said
Circles provided them
with useful steps to
improve

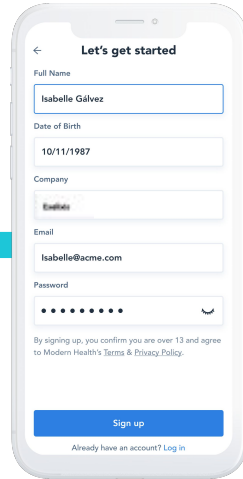


Get started in a matter of minutes!

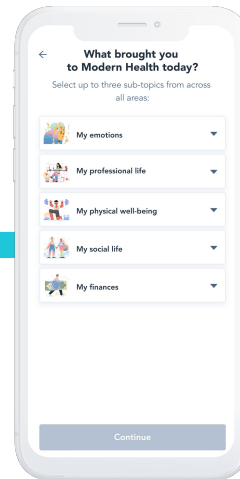
We meet you where you are in your well-being journey.



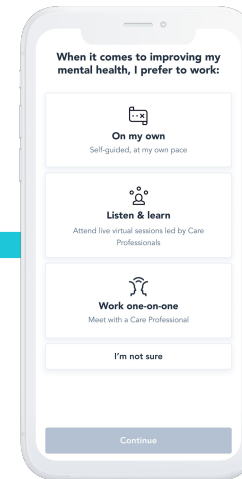
1. Download the Modern Health app or go to my.modernhealth.com



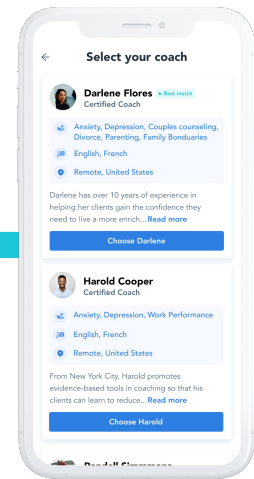
2. Sign up with your work email



3. Answer a few questions about your needs



4. Share your preferred care option



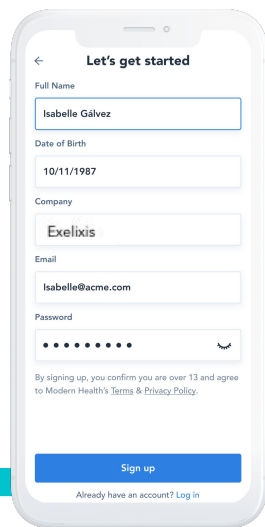
5. Receive your personalized recommendation



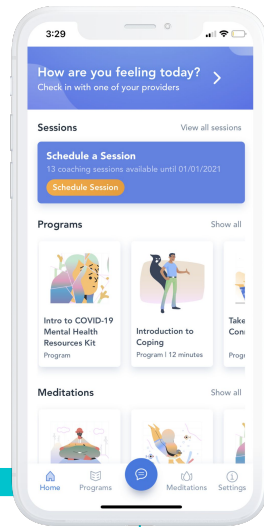
Inviting Dependents



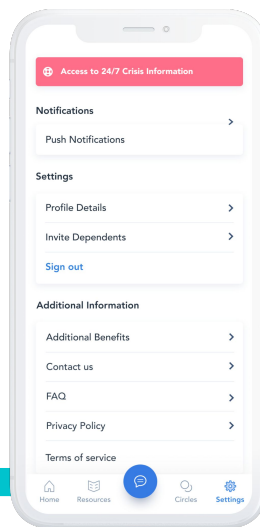
How to Invite Your Dependents (Adults 18+)



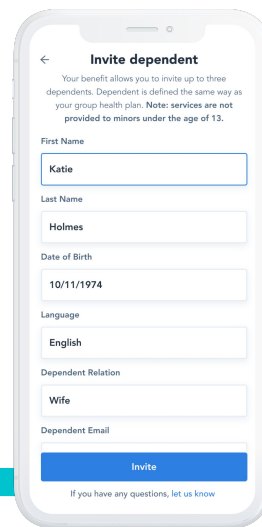
1. **Register** and complete onboarding for your own account



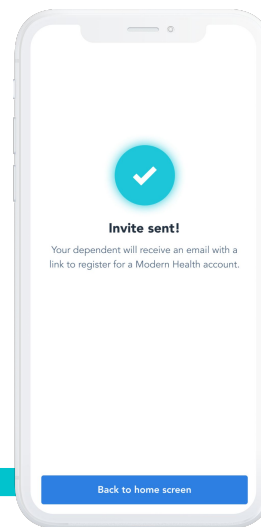
2. From the Home Screen, select **Settings**



3. Choose **Invite Dependents** from the Settings tab



4. Enter your Dependent's Information



5. An invite will be sent to your dependent via email to sign up!



How to Invite Your Dependents (Minors 6-18)

Let's get started

Full Name
Isabelle Gálvez

Date of Birth
10/11/1987

Company
Exelixis

Email
Isabelle@acme.com

Password
•••••

By signing up, you confirm you are over 13 and agree to Modern Health's Terms & Privacy Policy.

Sign up

Already have an account? Log in

1. **Register** and complete onboarding for your own account

How are you feeling today?

Schedule a Session

Sessions

Programs

Meditations

2. From the Home Screen, select **Settings**

Access to 24/7 Crisis Information

Notifications

Settings

Invite Dependents

3. Choose **Invite Dependents** from the Settings tab

Invite dependent

First Name
Katie

Last Name
Holmes

Date of Birth
10/11/1974

Language
English

Dependent Relation
Wife

Invite

4. Enter your Minor Dependent's Information

Select type of support

ADHD

Anxiety

Autism

Depression

Eating Disorder

PostPartum

OCD

Substance Use

Trauma

Other

5. Select type of support needed

Request therapy for minor

Country
United States

Zip Code
34731-7864

Type of support
ADHD, Anxiety, Eating Disorder

I agree

6. Provide additional details!

Request Sent

Modern Health will reach out to you at:
Isabelle@acme.com

within 48 hours to initiate your dependent minor therapy match.

Back to settings

7. Submit your request. Modern Health will contact you within 48 hours.



Questions?





Thank you!

help@modernhealth.com

