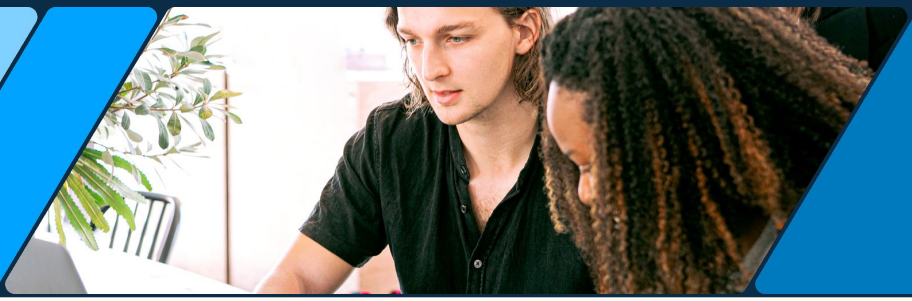


MODERN HEALTH

Helpline Support Services

24/7 Emotional Support

Speak with a counselor anytime—whether you're overwhelmed, facing a crisis, or just need someone to talk to.

Technical Help

Support with account access, including login or registration issues.

Provider Matching

Assistance getting connected with a therapist, coach, or other care provider.

Expanded Benefits

Guidance on employer-sponsored services like legal, financial, or convenience resources.

Need immediate support?

Call the Modern Health Helpline number: **866-535-6463**



How to access

Located through “Contact Us” under the settings gear icon in the upper right hand corner of the app

or through “Access the 24/7 Crisis Information” under the settings gear icon in the upper right hand corner of the app.

MODERN HEALTH



YOUR EMPLOYEE SUPPORT PROGRAM

Legal & Financial

When a legal issue, financial matter, or an instance of identity fraud disrupts your life, it can create substantial stress for you and your family. To help minimize the impact, your employee support program will assist you with managing the many complexities of these events. Through professional consultation, these programs can save you time, while providing valuable information and peace of mind.

Legal Assist

Free half-hour consultation with an attorney on most legal issues. In most cases, discounted rates are available if further legal representation is required.





Legal/Financial Center

Easy access to vital legal and financial information, downloadable and customizable legal forms, and online resources to free credit monitoring and personal finance management tools.

Financial Assist

Free telephonic consultation with a financial professional on common topics such as:

- Avoiding, responding to, and correcting identity theft.
- Budgeting
- Buying a home
- Managing credit
- Saving for special purchases or life events (car, holidays, college, wedding)

How to access:

Within the Modern Health app, you can either 1) Call the 24/7 Counselor Phone Line accessible via Settings or 2) select “Explore your Benefits” from the Modern Health home page and view the services most relevant to you.

Or navigate directly to modernhealth.helpwhereyouare.com and enter your company name to browse work life services.

MODERN HEALTH

Your Employee Support Program

Disaster Preparedness

support when you need it





If a natural disaster or other emergency has affected you or anyone in your family, your employee support program can provide resources, referrals, and assistance for these and other topics:

- Disaster preparedness & evacuation procedures
- State and national relief organizations
- Relocation and housing
- Coping with crisis

How to access:

Within the Modern Health app, you can either 1) Call the 24/7 Counselor Phone Line accessible via Settings or 2) select "Explore your Benefits" from the Modern Health home page and view the services most relevant to you.

Or navigate directly to modernhealth.helpwhereyouare.com and enter your company name to browse work life services.

MODERN HEALTH

Your Employee Support Program

Balancing priorities (work-life services)

no matter how they stack up



If a natural disaster or other emergency has affected you or anyone in your family, your employee support program can provide resources, referrals, and assistance for these and other topics:

- Child care, elder care, and care for special needs
- Caregiver stress and work-life balance
- Support groups and community resources
- Child, adolescent, and geriatric health concerns
- Child safety and senior safety
- Unexpected events and caregiving emergencies

How to access:

Within the Modern Health app, you can either 1) Call the 24/7 Counselor Phone Line accessible via Settings or 2) select "Explore your Benefits" from the Modern Health home page and view the services most relevant to you.

Or navigate directly to modernhealth.helpwhereyouare.com and enter your company name to browse work life services.

MODERN HEALTH



YOUR EMPLOYEE SUPPORT PROGRAM

Financial Support

If you have questions about a financial issue, speaking with an expert can help. Your employee support program provides you with free consultations on everything from credit and debt, to purchasing a home, or saving for retirement. Experts are available without an appointment during regular work hours.

We also offer a full selection of online financial articles, financial calculators, and other tools to help you get the answers you need.

FEATURES AVAILABLE

Free consultation with a financial counselor for you or your family members.

No appointment needed during regular business hours Monday through Friday.

Online financial calculators, library of articles, and do-it-yourself tools to **manage finances**.

Online Will —through a series of questions and prompts, employees can **create basic, legally valid wills**, quickly and easily.

How to access:

Within the Modern Health app, you can either 1) Call the 24/7 Counselor Phone Line accessible via Settings or 2) select "Explore your Benefits" from the Modern Health home page and view the services most relevant to you.

Or navigate directly to **modernhealth.helpwhereyouare.com** and enter your company name to browse work life services.

MODERN HEALTH

YOUR EMPLOYEE SUPPORT PROGRAM

Coping with Job Loss

Life after a layoff or termination can be difficult. Let us help with these resources for career change:



A comprehensive library of articles and tip sheets on job loss, stress, seeking employment, continuing education, and more.

Expert help with referrals to career counselors, employment agencies, job boards, resume writers, and workshops.

Online access to financial tools, stress management resources, consumer discounts, and e-learning modules on communication and other helpful subjects.

Financial consultations on budgeting, debt, and other helpful topics.

Information and referrals for relocation.

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.

Call or log on to get started.



How to access:

Within the Modern Health app, you can either 1) Call the 24/7 Counselor Phone Line accessible via Settings or 2) select “Explore your Benefits” from the Modern Health home page and view the services most relevant to you.

Or navigate directly to modernhealth.helpwhereyouare.com and enter your company name to browse work life services.