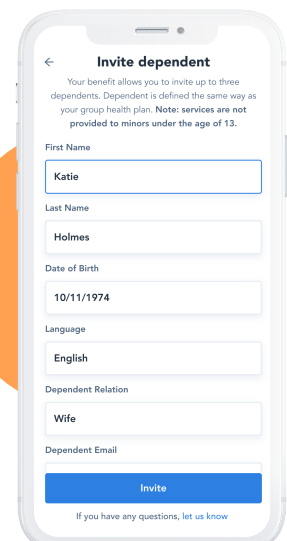
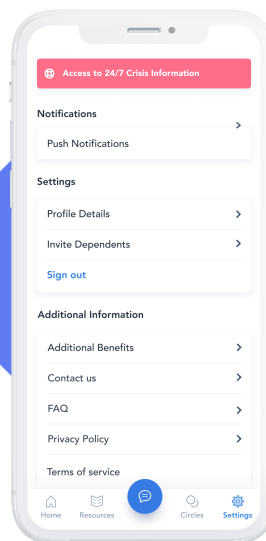
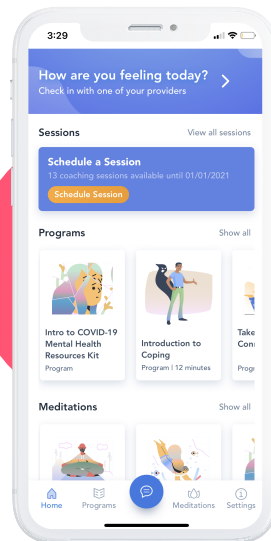
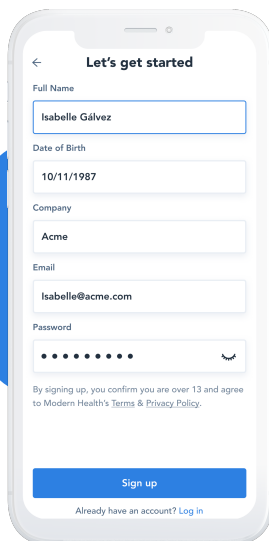


Invite Your Dependents to Join

Modern Health is a mental wellness benefit provided by your employer that gives you and your eligible dependents access to personalized 1:1 support, group support, and self-serve resources. Modern Health helps you and your loved ones can be the best version of yourselves — at home, at work, at school, and in your relationships.

- ✓ Register and complete onboarding for your own account.
- ✓ From the home screen, select Settings.
- ✓ Choose “Invite Dependents” from the Settings tab.
- ✓ Enter your dependent’s information. Note: more information will be required if your dependent is a minor.
- ✓ A sign-up invite will be emailed to adult dependents. Modern Health will contact members on behalf of their minor dependents in 48 hours.



FAQs

What is Modern Health?

Modern Health is a mental wellness app that's available to you and your dependents as a free benefit. Modern Health provides access to one-on-one, group, and digital resources for emotional, professional and financial well-being — all through a single web and mobile-based platform.

What age dependents are covered through Modern Health?

For US-based employees, dependents age 6+ are eligible for Modern Health services.

How can Modern Health support children & adolescents?

Modern Health's network of therapists includes those who specialize in supporting children and adolescents using evidence-based practices to address issues such as anxiety, depression, difficulties at school, and family stressors such as divorce/separation.

Are there any limitations?

Minor dependents (age 6-17) may get connected to therapy services, but will not be granted access to services offered within the Modern Health app like coaching and digital content, in accordance with the Children's Online Privacy Protection Rule (COPPA).

How do you request care for your dependents?

Sign up for Modern Health and go through the initial onboarding flow. Go to the settings/profile tab to "Contact Us" and reach out to Modern Health's Member Care Team about your child's needs. Our Member Care Specialists will help connect you with therapist options for support.

If you have trouble registering for Modern Health, please don't hesitate to reach out to help@modernhealth.com with a note or screenshot. The Modern Health customer support team will verify the information against what they have on file with your employer to provide you the best instructions on how to successfully access Modern Health.