

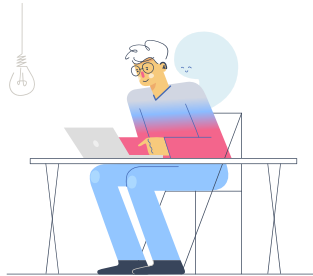
Modern Health

With Modern Health you have access to:



Mental well-being assessments

Whether you want to proactively reduce stress or treat depression, we guide you to the right care at the right time.



Evidence-based online courses

Our online courses combine best practices from scientifically-validated treatments that work.

★ Meditation library included



Sessions with coaches or therapists

Get matched to professional support based on what you want to work on. Visits are covered by your employer.

★ Unlimited texting with coaches

Areas of support



Work Performance

I'm scared to speak up during work meetings.



Stress & Anxiety

Even small tasks feel daunting.



Healthy Lifestyles

It's rare for me to get a restful night of sleep.



Financial Well-Being

My student loan debt seems insurmountable.



Inclusion & Belonging

I want to be a better ally but don't know how.



Life Challenges

I'm experiencing infertility and don't know who to talk to about it.



Mindfulness & Meditation

I wish I could learn to enjoy the present moment.



Relationships

I love my significant other, but I can't get through to them.

Download the Modern Health app in the Google Play Store (Android) or App Store (iOS).

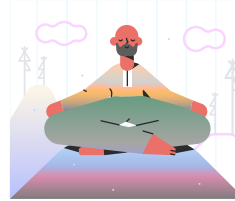
Modern Health



Life Challenges



Stress & Anxiety



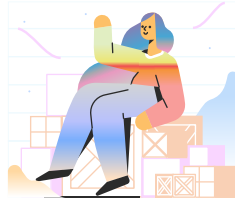
Mindfulness & Meditation



Financial Well-Being



Healthy Lifestyles



Inclusion & Belonging



Relationships



Work Performance

With Modern Health you have access to:

- Sessions with expert coaches or therapists
- Unlimited texting with coaches
- Evidence-based online courses
- Mental well-being assessments
- Meditation library



Feeling Stressed? Try this quick exercise to calm your mind.

Exhale out your mouth.

Inhale through your nose for a count of three.

Hold your breath for a count of three.

Exhale for a count of five.

Repeat!

