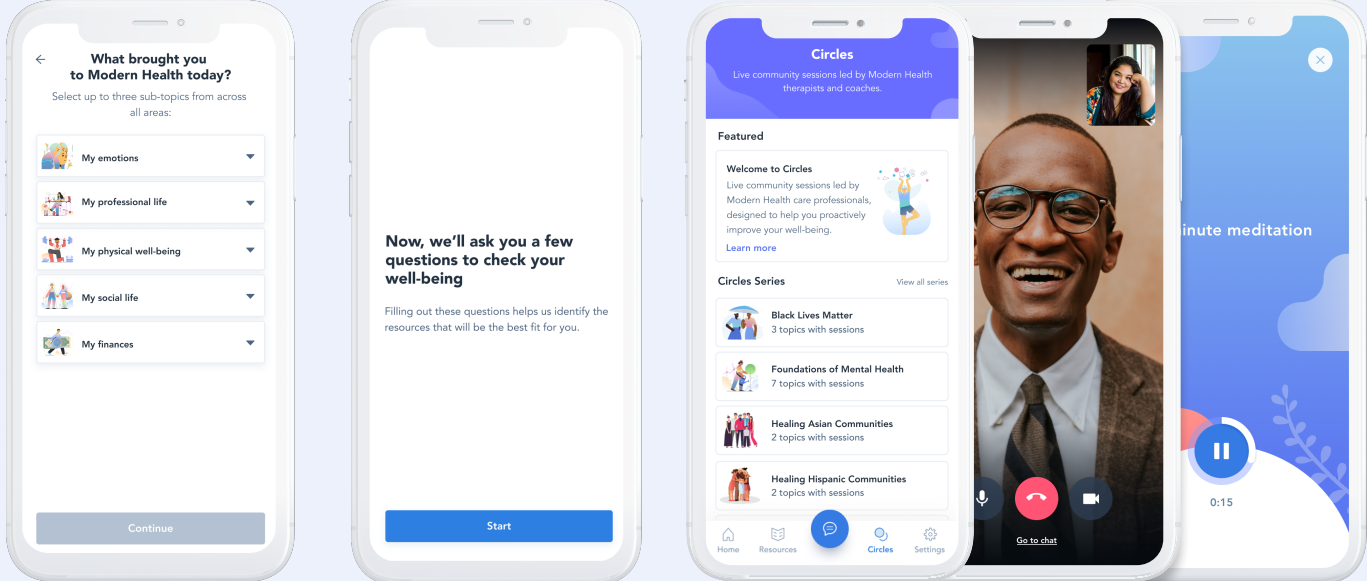


# Your Benefits through Modern Health

We recognize that there are a number of things that can impact how we show up in our day-to-day — whether that’s our emotions, our careers, our relationships, our health, or even our finances. Modern Health makes it simple for you to get support in the areas that matter to you, in the way that works best for you and your dependents.

Once you register for Modern Health, we offer some guidance below that can help you determine which level of care may be best for your unique needs:



**1. Let us know what you'd like help with.**

**2. Let us know how you're doing.**

**3. Check out ways you can use Modern Health:** *Try a Circle, Meditation, or set up your first one-on-one session*



**Modern Health is your mental wellness benefit.**

Access to personalized 1:1, group, and self-serve resources for your wellbeing, so that you can be the best version of yourself — at home, at work, and in your relationships. Scan this QR to get started. Or visit [Modern Health](#).

