

What Modern Health offers

Once you answer a few questions about your well-being and your preferences for type of care, Modern Health will develop a personalized care plan for you that recommends a combination of one-on-one, group, and self-serve digital resources that can help you in your areas of focus.

Care Option	What is this?	How can this help?	What's included?	How to access:
Guided Meditations	Guided, silent, or music based meditations	Practice mindfulness and find calm, in just 5 minutes per day, on your own schedule.	Unlimited access	Access through the Modern Health web or mobile app: here
Digital Programs	Topical wellness programs and exercises	Build mental health into your routine, in just 5 minutes per day, on your own schedule.	Unlimited access	Access through the Modern Health web or mobile app: here
Circles	Live topic-based community sessions, led by therapists & coaches	Learn, share, connect, and heal with others on topics that impact our well-being	Unlimited access	Access through the Modern Health web or mobile app: here
Coaching	1-1 video sessions with certified coaches who help you gain awareness and move toward goals	Learn evidence-based techniques from coaches who specialize in mental health, parenting, work, relationships, financial well-being, and more.	6 sessions per year	Access through the Modern Health web or mobile app: here
Therapy	1-1 video or in-person sessions with licensed therapists	Receive treatment for concerns that may be highly impacting your day-to-day mental health	6 sessions per year	Access through the Modern Health web or mobile app: here



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](#).

