

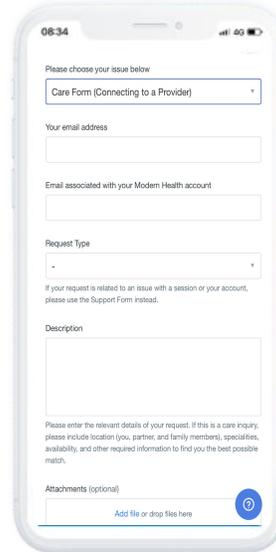
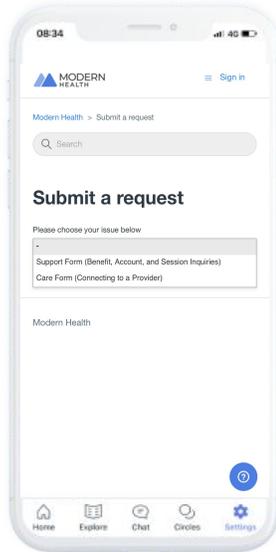
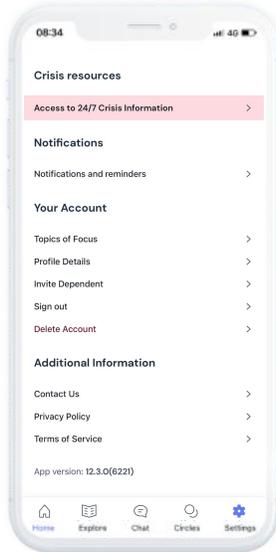


# Changing your Modern Health Care Team

Salem Health has partnered with Modern Health to provide you and your dependents mental wellness benefits including personalized 1:1, group, and self-serve resources for your well-being. Help them take the first step toward their best self.

If you are matched with a therapist and would like to change your provider to a coach or add another care provider, please follow the steps below. The same steps apply when requesting a change from a coach to a therapist: :

- ✓ From the Home Screen, select Settings and Choose 'Contact Us'
- ✓ Select 'Care Form (Connecting to a Provider)'
- ✓ Enter the details of your request and submit.
- ✓ A member of Modern Health's member support team will respond to you within 24 hours



If you have trouble registering for Modern Health, please don't hesitate to reach out to [help@modernhealth.com](mailto: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.