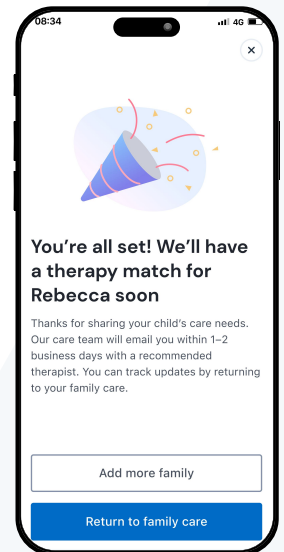
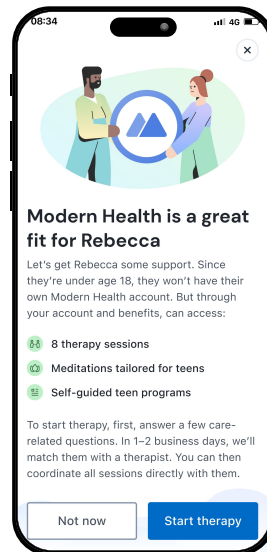
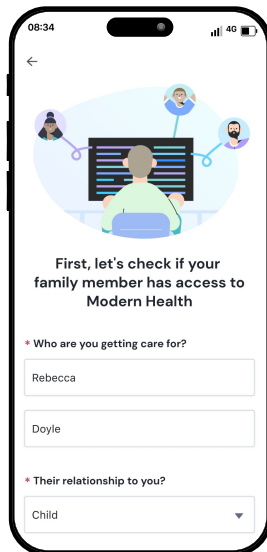
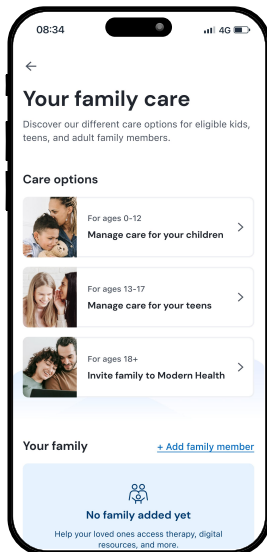


Invite Your Dependents to Modern Health

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

- ✓ Register and complete onboarding for your own account
- ✓ Select “Get care for your family” from the home screen
- ✓ Select “Add family member”
- ✓ Enter some basic information about your dependent. Note: more information will be required if your dependent is a minor
- ✓ For adult dependents, an invite will be sent to them via email to sign up for their own account
- ✓ If you’re seeking a therapy for a minor dependent, Modern Health will contact you with a provider match within 48 hours



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 member 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.

**Minor dependent therapy is available for members 0-18 in the US and 13-18 outside of the US.*

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?

In the U.S., dependents age 0-17 are eligible for therapy as of Jan. 1, 2024. Outside of the U.S., dependents age 13-17 may get connected to therapy services.

How can Modern Health support children & adolescents?

Modern Health's network of therapists include 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 limitations?

Minor dependents 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 complete the onboarding flow. Navigate to the family care dashboard and select "Invite Dependent." Enter your family member's information. For adult family members, an invite will be sent to them via email to sign up. For minor family members, Modern Health will contact you in 48 hours.

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.



Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your well-being, 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 my.modernhealth.com.

