

Modern Health Benefits Overview

Care Option	What is this?	How can it help?	What's included?	How to access:
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	8 therapy sessions per year (sessions reset on 1/1 of any year)	Access through the Modern Health web or mobile app (see QR code below)
Coaching	1-1 video sessions with certified coaches who help you gain awareness and move towards goals	Learn evidence-based techniques from coaches who specialize in mental health, parenting, work, relationships, financial well-being and more.	8 coaching sessions per year (sessions reset on 1/1 of any year)	Access through the Modern Health web or mobile app (see QR code below)
Family Care for Dependents	1-1 video or in-person therapy sessions for your minor dependents (0-18 in the US or 13-18 outside of the US)	Match your minor dependent with a therapist who specializes in working with their age group, or invite an adult dependent to create their own account.	8 therapy sessions per year (sessions reset on 1/1 of any year)	Access through the Modern Health web or mobile app (see QR code below)
Digital Content	Self-guided meditations, programs, courses, 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 (see QR code below)
Community & On-demand Circles	Live and pre-recorded 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 (see QR code below)
EAP Services	Employee Assistance Program	Work / Life: Concierge Service for caregivers, legal needs, etc. Crisis Support: immediate access to a counselor	24/7 Phone Line for all services; Work / Life Services; Crisis Support	In the Modern Health app: Home -> Scroll down to Explore Your Benefits

Note: Dependents ages 18+ have full access to Modern Health; dependents under the age of 18 have access to Therapy only.

Questions about your Modern Health Coaching/Therapy sessions; contact help@modernhealth.com

For FAQs and more information about Modern Health; go to support.modernhealth.com

Modern Health is your emotional wellness benefit.

Access to personalized resources to help you be the best version of yourself — at home, at work, and in your relationships.

To access Modern Health, scan this QR to get started or visit Modern Health at my.modernhealth.com and enter your work email; **Company Code: Guardant Health**

