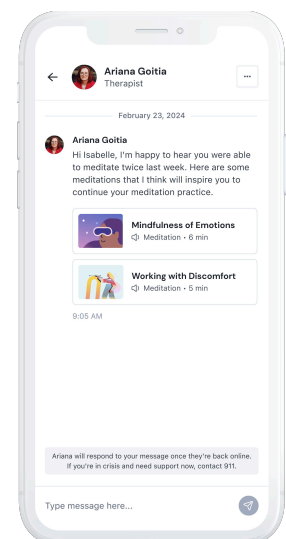
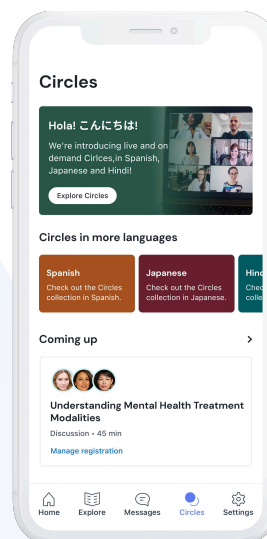
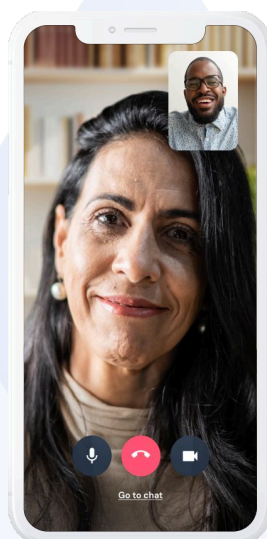
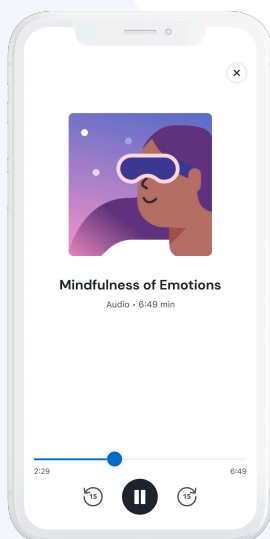


Getting Started with Modern Health

Modern Health is your mental wellness benefit through your employer, that provides you access to personalized 1:1, group, and self-serve resources for your well-being to be the best version of yourself — at home, at work, and in your relationships.

- 1 Scan this QR code. After your download is complete, select "Sign up" from the mobile app's welcome page.
- 2 Enter your company email address and select "Continue."
- 3 Enter your first and last name on file with your employer, date of birth, and company name or code, then select "Continue."
- 4 Select "Get started."
- 5 Enter your country of residence, your password of choice, and your preferred email address. Check the verification email sent to you and click the link to finish setting up your account.



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.



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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 my.modernhealth.com.

