

Modern Health Mental Well-being and EAP Program

We recognize that there are a number of things that can impact how we show up in our daily life— whether that's our emotions, our careers, our relationships, our health, or even our finances. Through Modern Health, you and your dependents* have the support you need to be the best versions of yourselves — at work and at home. We've offered some guidance below that can help you determine which tool may be best for your unique needs.

<u>Care Option</u>	<u>What is this</u>	<u>How Can This Help</u>	<u>What's Included</u>	<u>How to Access:</u>
24/7 Counselor Phone Line	A 24/7 phone line that can be called to speak to a master's level counselor	Get care from a professional counselor with urgent needs, including elevated anxiety, depression, or a crisis situation	Unlimited access 24/7 1-866-535-6463	Access "24/7 Crisis Information" through Settings tab of Modern Health mobile app
Modern Health Helpline	For support with onboarding, registration, dependent eligibility, care options and other Modern Health platform questions	Speak with a Modern Health Support Agent 9am - 5pm PST	1-866-535-6463	Access Modern Health Helpline during the hours of 9am - 5pm PST
Therapy (for clinical symptoms and needs)	1-1 video or in-person sessions with licensed therapists <i>(Adult Dependents 18+; minor dependents 0-17 have access therapy sessions)</i>	Receive treatment for concerns that may be highly impacting your day-to-day mental health	6 sessions per benefit plan year <i>(Dependents have their own 6 sessions)</i>	Access through the Modern Health web or mobile app: here
Coaching (for moderate to high stress and symptoms)	1-1 video sessions with certified coaches who help you gain awareness and move toward goals <i>(Dependents 18+ have full access to Modern Health)</i>	Learn evidence-based techniques from coaches who specialize in mental health, parenting, work, relationships, financial well-being, and more	6 sessions per benefit plan year <i>(Adult Dependents have their own 6 sessions)</i>	Access through the Modern Health web or mobile app: here
Programs, Meditations & Circles	Self-guided meditations, programs, and exercises. Live topic-based sessions led by therapists & coaches	Build mental health into your routine, in just 5 minutes per day, on your own schedule. Learn, share, connect and heal with others	Unlimited access	Access through the Modern Health web or mobile app: here
Care Connect Essentials	Care Connect is a collection of services to make sure you can access the care you need, when you need it	Care Connect includes: Modern Health Helpline, Care Navigation, EAP Services (Work-Life Services, Crisis Support, and more)	Unlimited access	Access from the Modern Health home screen; Explore Benefits; or see details at the bottom of this page

Modern Health is your mental 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](#); enter your work email; Company Code: Clari To access Care Connect EAP services directly, go to [modernhealth.helpwheretheyouare.com](#) and enter your company code: Clari

*Dependents 18+ have full access to Modern Health; minor dependents 0-17 have access to therapy only.

Adding Dependents: go to your Modern Health account homescreen, scroll down to "Your 1:1 Care" section, then click on "Manage care for your family", click +add family member.