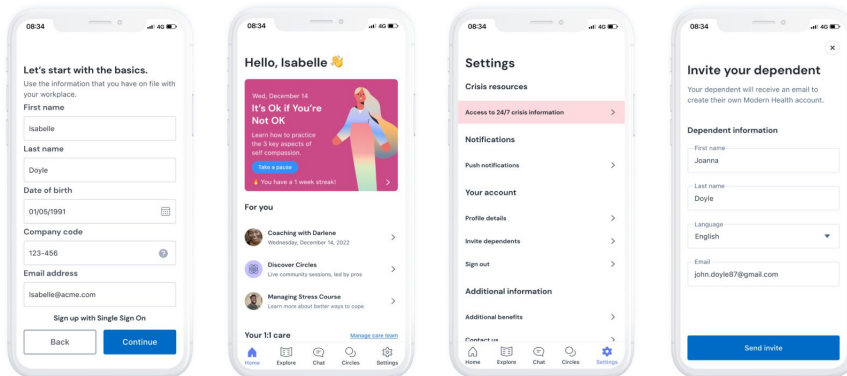


Getting Started with Modern Health

CEBT 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.

- ✓ Register and complete onboarding for your own account by scanning the QR code or visiting my.modernhealth.com
- ✓ From the Home Screen, select Settings
- ✓ Choose Invite Dependents from the Settings tab
- ✓ Enter your dependent's information. 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 minor dependents, Modern Health will contact you in 48 hours.



Need help registering for Modern Health? Email help@modernhealth.com.

*As of January 1, 2024, minor dependents of any age in the U.S may get connected to therapy services. Dependents 18 years and older will have access to all services offered within the Modern Health app, including coaching, therapy and digital content.

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, live and on-demand group sessions, and digital resources for emotional, professional, and financial well-being - all in a single, secure platform.

What age dependents are covered through Modern Health?

For US-based employees, dependents age 0+ are eligible for Modern Health 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?

Beginning January 1, 2024, minor dependents of all ages in the US may get connected to therapy services, but only dependents 18+yo will 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 go through the initial onboarding flow. Go to the Settings tab and choose "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.

Need help registering for Modern Health? Email help@modernhealth.com.

Start for free today!

Scan this QR to get started. Or visit my.modernhealth.com.
Company code: **CEBT**

