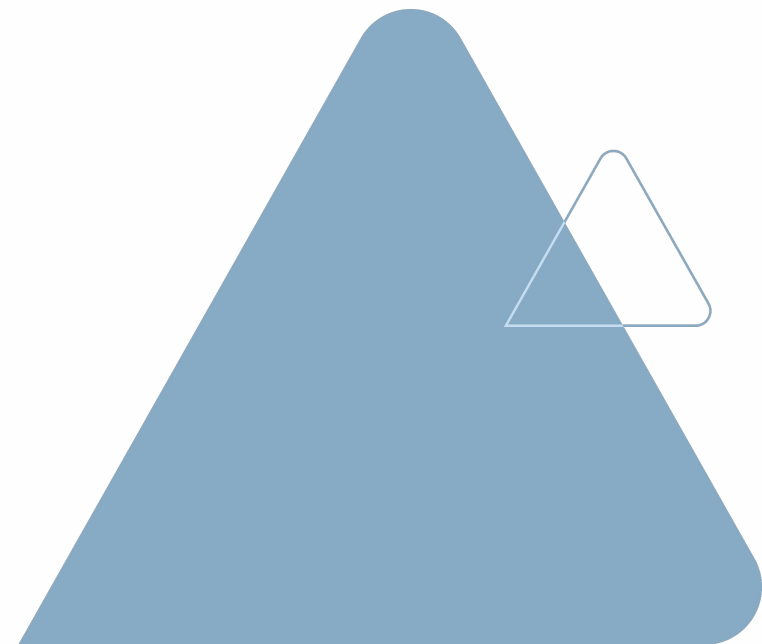


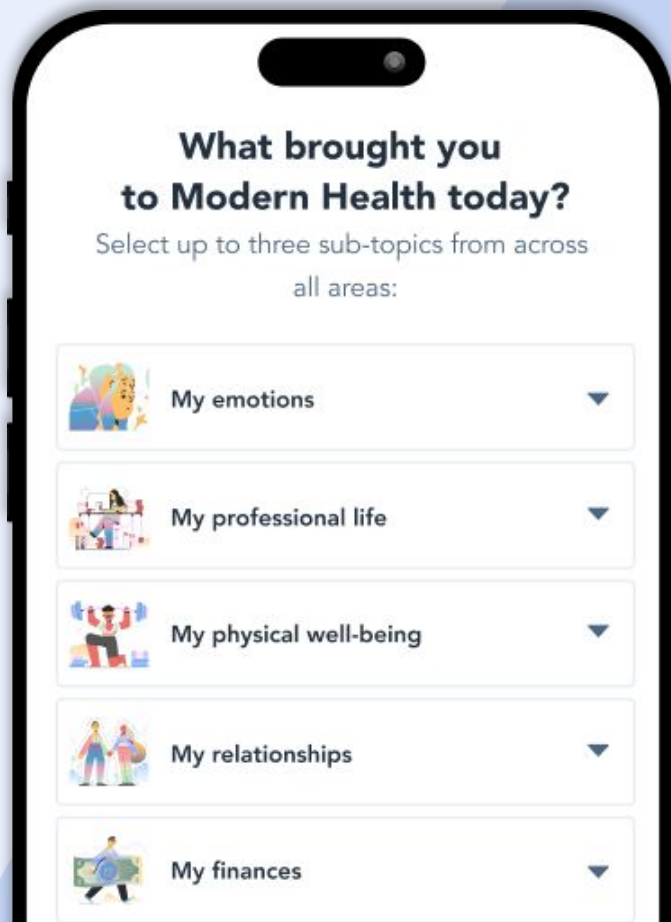
# Modern Health for Radiology Partners

March 13, 2025



# How to get started

Scan the QR code below or visit  
[my.modernhealth.com](https://my.modernhealth.com):



# What is Modern Health?



**Expand Access**



**Evidence-Based**



**Personalized**



**Confidential**

A mental wellness platform that helps  
You **be your best self**, at work, at home,  
and in your relationships.

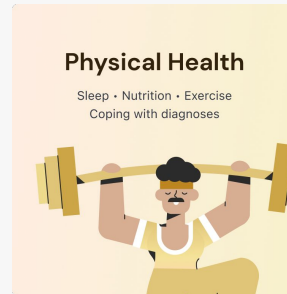
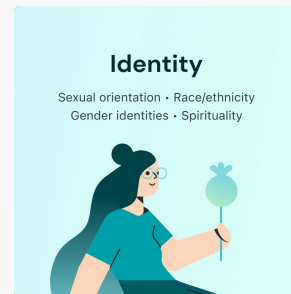
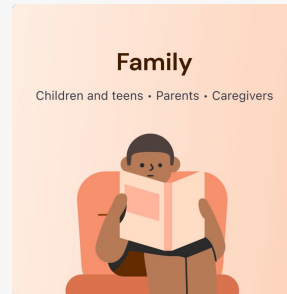
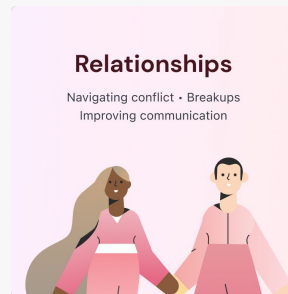
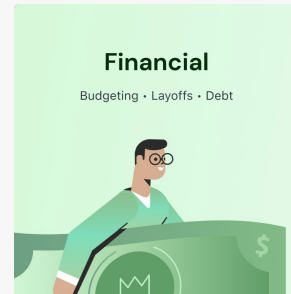
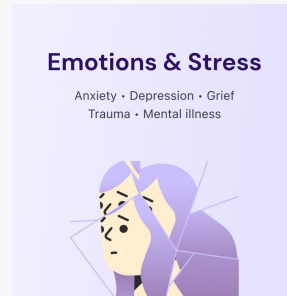
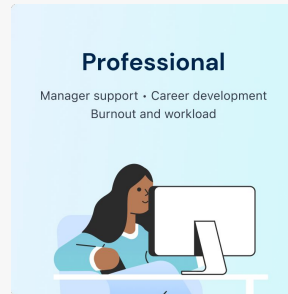


What impacts how we show up  
in our day-to-day?

# What can Modern Health help you with?

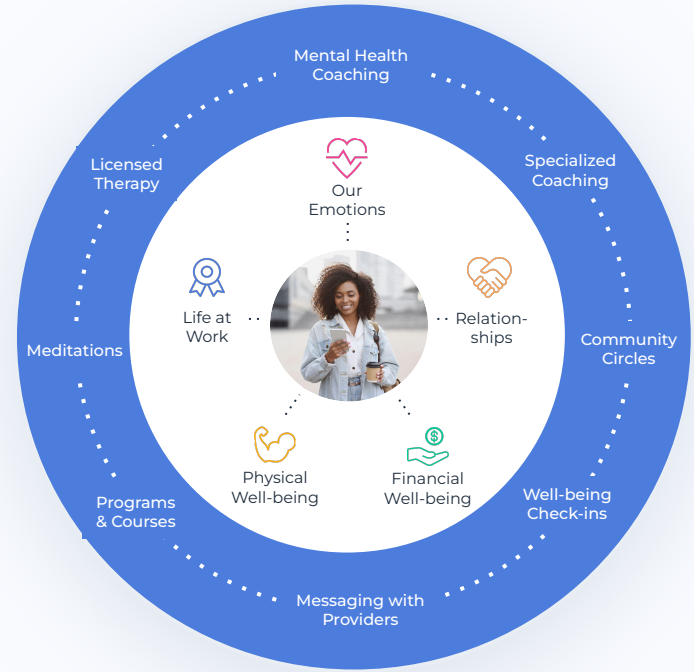
Our expansive range of care offerings go beyond the status quo of anxiety and depression. We meet people where they are.

Modern Health  
is *not just* for  
mental health.



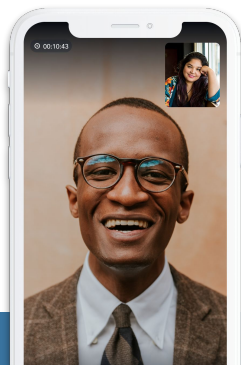
# Modern Health brings it all into **one** **simple platform.**

So you can focus on what's most important to you,  
in the way that works best for you — even when  
needs change.



# What's Included?

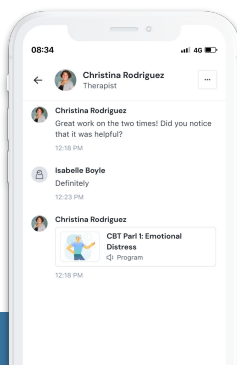
# What's included for Full Time Radiology Partners employees & dependents



## Provider Sessions

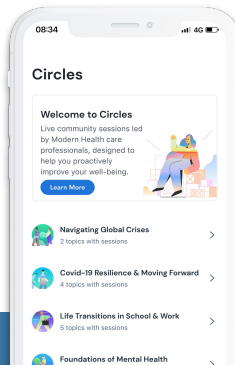
10 Coaching sessions

10 Therapy sessions



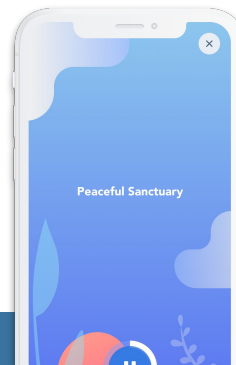
## Provider Messaging

Unlimited



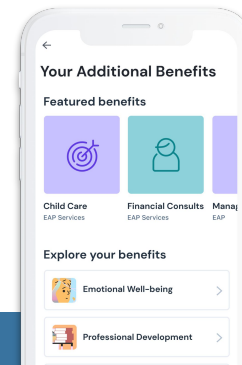
## Community Circles

Unlimited



## Habit-building Activities & Wellbeing Check-ins

Unlimited



## Care Connect

24/7 Modern Health  
Helpline  
EAP Services

Therapy available to dependents age 0+;  
Coaching to dependents age 18+



# The Power of Coaching

At Modern Health, our coaches are certified in the same evidence-based techniques as therapists to help you grow, improve, and thrive.

- ✓ Reduce stress & burnout
- ✓ Learn actionable tools & strategies
- ✓ Create healthy habits & goals
- ✓ Get culturally centered support

“

The thing is I really love you guys :)  
your platform, your services and your professionals. And, specifically, the **coach** I've been working with lately. She's helping me tremendously, both at a professional but also personal level.”

- Modern Health Member





## Coaching vs. Therapy Guide

Here's a quick guide to help you understand the differences between coaching and therapy:

### Coaching

Coaching is the process through which a **certified coach uses evidence-based approaches** to help you gain a deeper awareness of a challenge you may be facing, identify growth opportunities, and create action plans to move towards your goals.

**Address non-clinical symptoms** such as burnout and stress



- **Actions** to make progress from the present
- The **"How"** in achieving goals



- Maximize potential
- Optimize skills
- Increase productivity
- Goals oriented



- Building healthy habits
- Reducing stress
- Mindfulness
- Anxiety around relationships
- Productivity
- Burnout
- Communication skills
- Financial well-being
- Professional development

**30-minutes**



Providers are **ICF-Certified**  
(Gold standard of coaching)



**Clinical Symptoms**

**Focus Areas**

**Outcomes**

**Common Discussion Topics**

**Session Length**

**Provider Credentials**

### Therapy

Therapy is a treatment in which you and a **licensed therapist work together** to understand mental health concerns and develop a plan for addressing them. Therapy is appropriate if there's a clinical concern, as defined by the duration of symptoms, severity, and clinically significant interference with social, emotional, and/or occupational functioning.

**Address clinical concerns** such as ADHD and depression



- **Feelings and beliefs**
- The **"Why"** in behavioral patterns



- Address clinical symptoms
- Reduce clinical distress and functional impairment
- Increase ability to manage clinical symptoms



- ADHD
- Anxiety
- Depression
- Eating disorder
- Grief
- OCD
- Trauma

**45-60 minutes**



Providers are **licensed with minimum of Master's Degree**



**Modern Health is your mental wellness benefit.**

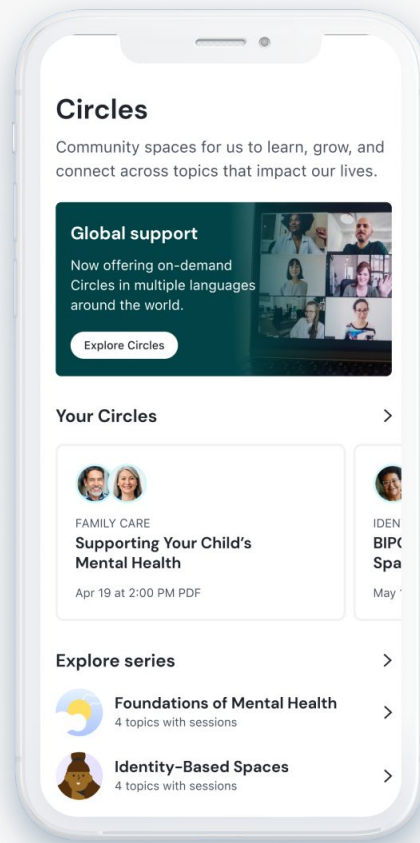
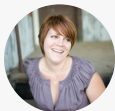
Access to personalized 1:1, group, and self-serve resources for your well-being, so you can be the best version of yourself — at home, at work, and in your relationships.

Scan this QR to get started. Or visit [modernhealth.com](https://modernhealth.com).

# Live and pre-recorded community sessions led by coaches & therapists

Discussions, Workshops, and Listen & Learn sessions on topics that matter to you. Modern Health Circles are safe spaces for communities to collectively process, connect, and learn.

Use live and on-demand  
Circles as an easy  
entry-point into Modern  
Health. Visits  
[circles.modernhealth.com](https://circles.modernhealth.com)  
to see current live offerings.



Getting  
Better Sleep



Maintaining  
Perspective



Quieting  
Negative Thoughts



Black Lives  
Matter



Transgender  
Stories



Building  
Healthy Habits



Manager  
Mental Health



Healing Asian  
Communities



Parenting  
Support

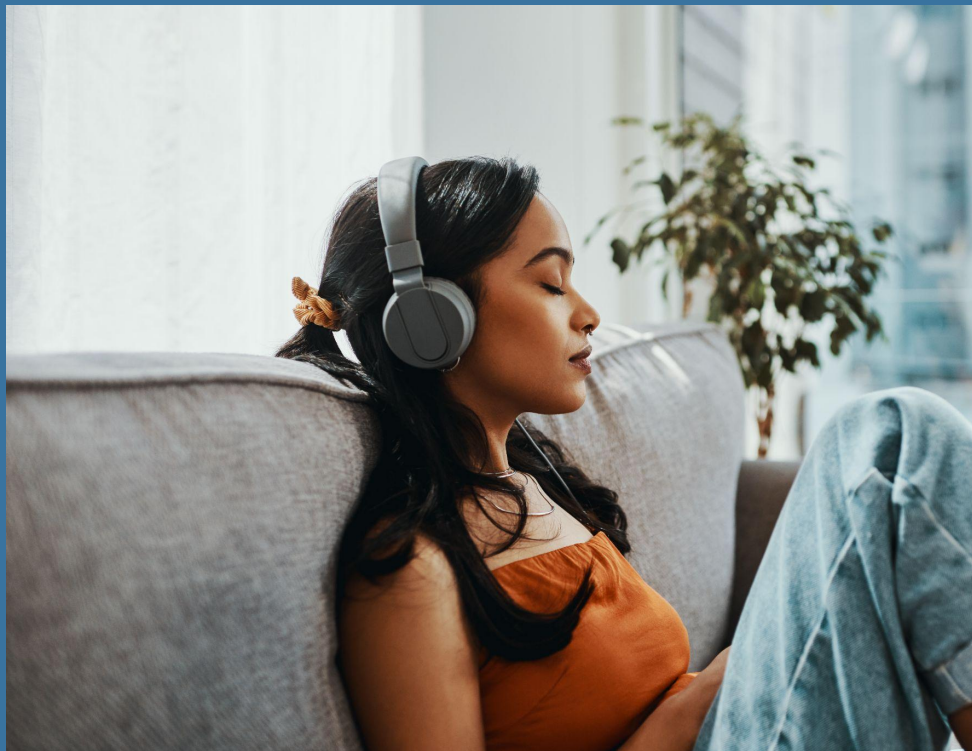


Meditations  
for all ages  
can be found  
in the Modern  
Health  
platform



# Self-Guided Care

Modern Health members have unlimited access to a robust library of interactive audio and video content — with new resources added every week.





# Care Connect

Designed to guide all individuals on their mental health journey, Care Connect ensures members can access their level of care they need, when they need it.



## **Modern Health Helpline**

24/7 phone line staffed by licensed counselors for members to call when they need support.



## **EAP Services**

WorkLife Services, Legal and Financial Assist



# Work-life services & referrals

Access to access to Work-Life specialists who can help with customized research and referrals for support at home.



## **Elder & Child Care**

Confidential caregiver support, access to elder or child care consultants, as well as referrals for nearby elder-care facilities or after-school child care programs



## **Financial**

Unlimited consultations to discuss financial need and resources on savings, managing credit, and navigating identity theft, as well as free personal finance resources



## **Legal**

Customized search to find legal vendors within parameters and needs and access to vital legal information.



## **Convenience**

Services and informational resources for pet sitting, moving, and traveling



## **Education**

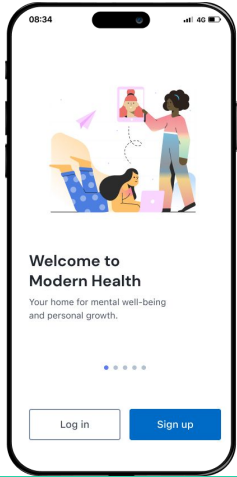
Information and resources on parenting, education, school programs, and tutoring services



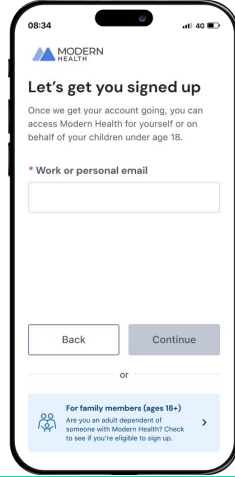
# Demo



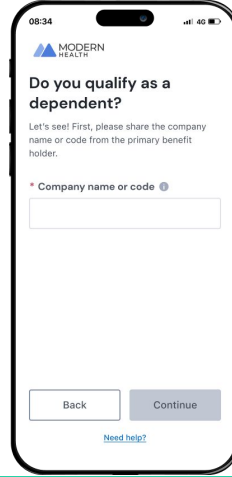
# Dependents 18+ can now register for Modern Health without an invitation from the primary account holder:



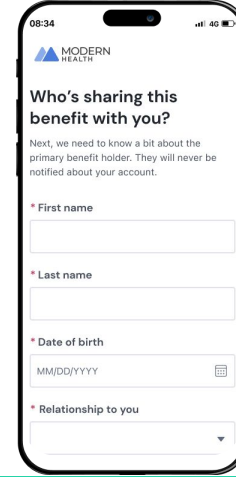
1.  
From the Home Screen, the dependent selects **Sign Up**



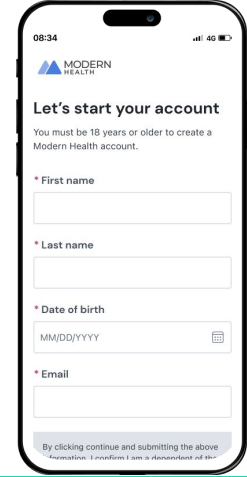
2.  
Dependent enters **Preferred Email Address**



3.  
Dependent enters **company code or name** to determine eligibility

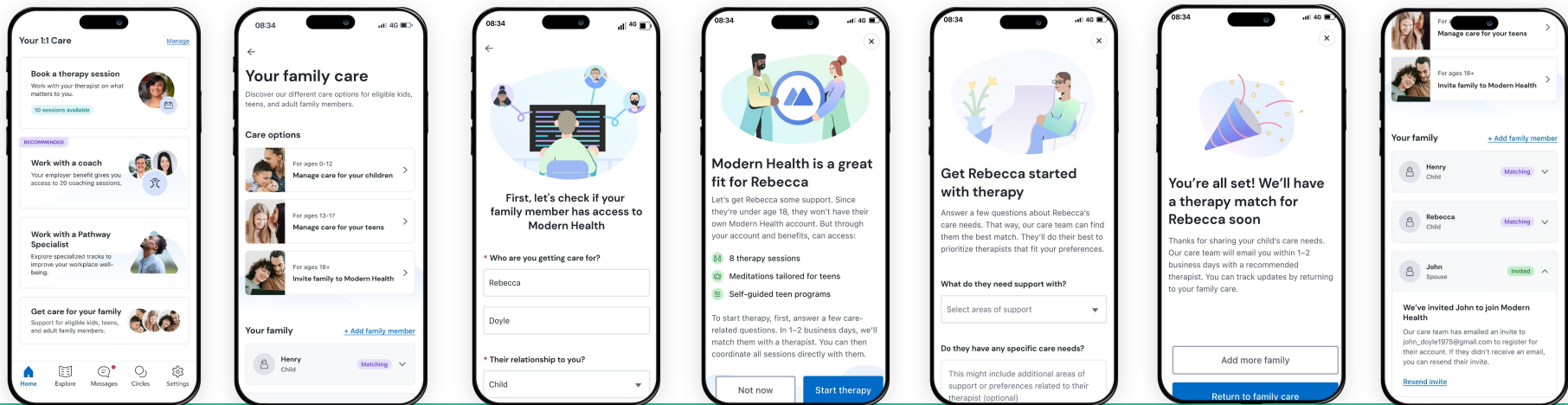


4.  
Dependent enters information about **primary account holder**



5.  
Dependent enters their **own information** to set up account

# How to Invite Your Minor Dependents



1. From the Home Screen, select **Get care for your family**

2. Select **+Add family member** to start adding dependents

3. Enter some basic information about your dependent

4. Review your dependent's care options and **help them match with a therapist**

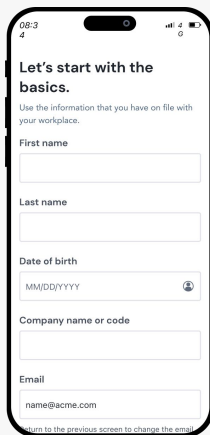
5. Enter some more info about your dependent's needs to aid the matching process.

6. Modern Health will provide a recommended therapist match via email within 1-2 business days.

7. Upon returning you can see the status of your dependents.



# How Modern Health works.



08:34

Let's start with the basics.

Use the information that you have on file with your workplace.

First name

Last name

Date of birth

MM/DD/YYYY

Company name or code

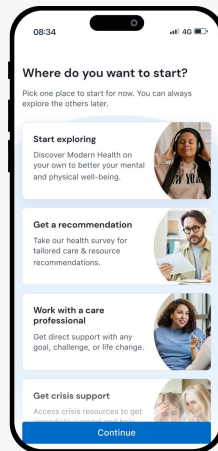
Email

name@acme.com

Return to the previous screen to change the email

1

**Sign up for Modern Health with your work email**



08:34

Where do you want to start?

Pick one place to start for now. You can always explore the others later.

**Start exploring**

Discover Modern Health on your own to better your mental and physical well-being.

**Get a recommendation**

Take our health survey for tailored care & resource recommendations.

**Work with a care professional**

Get direct support with any goal, challenge, or life change.

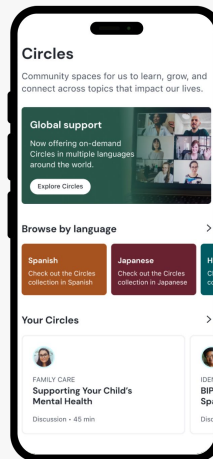
**Get crisis support**

Access crisis resources to get

Continue

2

**Start exploring your Modern Health benefit**



Circles

Community spaces for us to learn, grow, and connect across topics that impact our lives.

**Global support**

Now offering on-demand Circles in multiple languages around the world.

Explore Circles

**Browse by language**

Spanish Check out the Circles collection in Spanish

Japanese Check out the Circles collection in Japanese

**Your Circles**

FAMILY CARE

Supporting Your Child's Mental Health

Discussion - 45 min

IDH

BIP

Spa

Dis

3

**Get connected to care, engage in self-paced programs, or join a Community Circle**





# We're here for you, throughout your journey.

For more information visit:  
[support.modernhealth.com](https://support.modernhealth.com)

Or email: [help@modernhealth.com](mailto:help@modernhealth.com)





Thank you.

