

# Modern Health Benefits Overview

Care Option	What is this?	How can it help?	What's included?	How to access:
<b>24/7 Crisis Support + Modern Health Helpline</b>	Access to licensed counselors (available 24/7) + Modern Health support agents	Receive in-the-moment emotional support, get help navigating to other benefits, or get support with onboarding, registration or app navigation.	Unlimited access	866-535-6463
<b>Therapy</b>	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	10 therapy sessions per year (sessions reset yearly)	Access through the Modern Health web or mobile app (see QR code below)
<b>Coaching</b>	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.	10 coaching sessions per year (sessions reset yearly)	Access through the Modern Health web or mobile app (see QR code below)
<b>Dependent Coverage</b>	Dependents include (spouse, domestic partner and child(ren))	Match your dependent with a therapist who specializes in working with their age group.	10 therapy and 10 coaching sessions per year (sessions reset yearly)	Access through the Modern Health web or mobile app (see QR code below)
<b>Digital Content</b>	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)

\*Modern Health is available to RP Teammates and dependents (including spouses, domestic partner and children age 0+)

*Note: Dependents ages 18+ have full access to Modern Health; dependents under the age of 17 have access to Therapy only.*

Questions about your Modern Health Coaching/Therapy sessions; contact [help@modernhealth.com](mailto:help@modernhealth.com)  
For FAQs and more information about Modern Health; go to [support.modernhealth.com](https://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](https://my.modernhealth.com) and enter your work email; **Company Code: RP**



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<b>Community &amp; On-demand Circles</b>	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)
<b>Work-life Services</b>	Phone and email-based support with researching and accessing a variety of different services	Receive in-the-moment support identifying and accessing services such as child & elder care, legal support, and convenience services.	Unlimited access	Access by calling the 24/7 Helpline (number provided above)

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