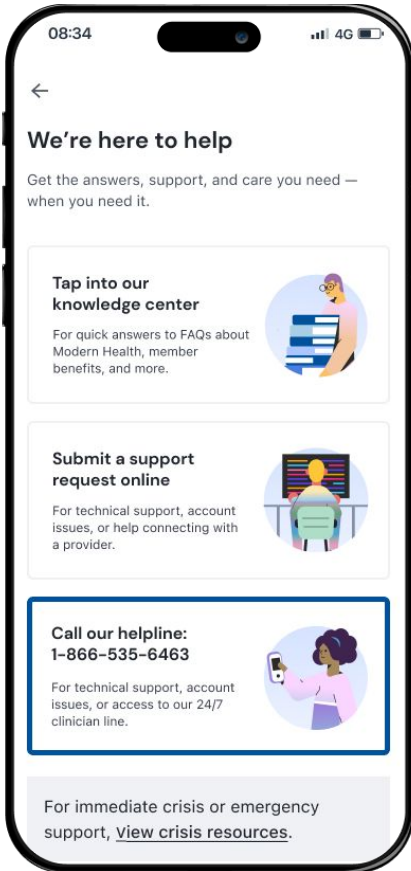


Modern Health Helpline

For urgent needs and critical incidents, Modern Health offers access to a 24/7 phone line, where you can get connected to a master's level counselor within seconds for immediate support.



1 Call the Modern Health Helpline, which will be available on the homepage in the Modern Health app. Select from a short menu what you need help with.

2 **Dial 2, 3, or 4,** If you need support with onboarding, registration, or have questions about your care options

2 **Dial 1 or 5** if you need immediate crisis support/manager support or need to speak with a clinician over the phone at any time

3 You will be connected with a member support agent (only available in English during 9-5 PST hours)

3 You will be connected to a Global 24/7 Clinician Line, where you will be asked a few questions to understand your presenting concerns, risk, and impact

4 If you need support with onboarding, registration, or care questions after hours, you can always reach out to help@modernhealth.com and will receive a timely response.

4 The counselor will extend immediate care and may refer you to long-term resources for support

5 Long-term care with Modern Health

- 1:1 Coaching & Therapy
- Group Circles
- Digital Courses & Programs

Modern Health Helpline: 866-535-6463



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](#). Please be sure to use the Company Code **ACWA JPIA** if prompted.

