

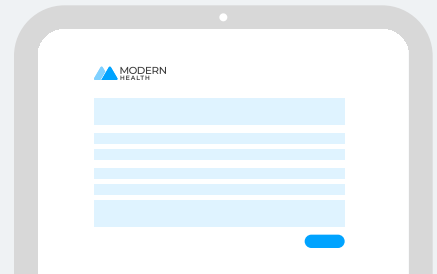
How to Request In-Person Therapy

If you prefer to meet with a therapist face-to-face, we're here to help you find the right support in your community. Follow the steps below to request in-person care through your Modern Health benefit and get matched to a licensed provider who meets your needs, in a way that feels best for you.

Step 1

You can reach out for support accessing in-person therapy (via one of the two options).

1. Submit request via "Contact Us" in app
2. Email request to help@modernhealth.com



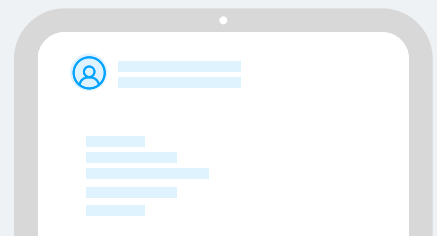
Step 2

A Modern Health care team member will reply via email within one business day, confirming request and asking for key details.

1. Specific areas you would like to work on
2. State or Country
3. City
4. Postal Code
5. Language preferences
6. Preferred provider gender (if applicable).

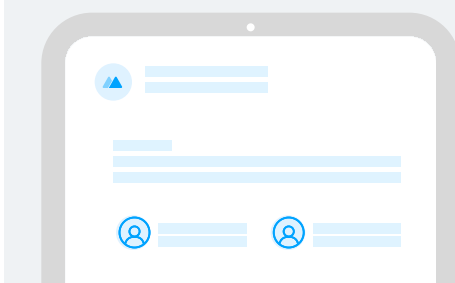
Step 3

You will respond to the Modern Health with your care preferences and details.



Step 4

The Modern Health care team member will respond with provider match options and recommend the best-fit provider for you based on provider availability.



Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your well-being, so that you can be the best version of yourself - at home, at work, and in your relationships. Scan this QR code to get started. Or visit [Modern Health](#).