



**MODERN  
HEALTH**

+

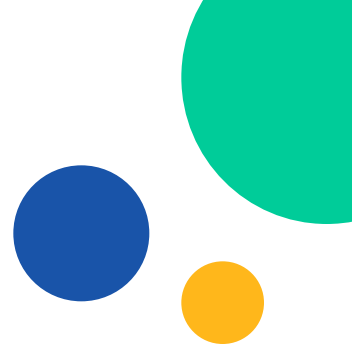


**WORKPLACE OPTIONS**

# EAP Services

24/7 Counselor Phone Support & Extended Work-Life Services  
— offered to you through Modern Health's EAP partner.





# EAP Services

In addition to Modern Health's core one-on-one coaching, therapy, group Circles, and self-paced Courses and programs, you have access to the below extended EAP services through Modern Health's EAP partner — Workplace Options (WPO).

## 24/7 Counselor Phone Line

**FOR:**

For urgent needs and critical incidents

**INCLUDES:**

Phone line for immediate access to counselors

## Work-Life Services

**FOR:**

Referrals to child care, elder care, adoption, education, and convenience services.\*

**INCLUDES:**

Research and referrals through Work-Life specialists

## Manager Consultations

**FOR:**

Manager support for workplace concerns

**INCLUDES:**

Access to professional consultants



\*Service offerings vary by country

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

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

Scan this QR to get started. Or visit [Modern Health](#).



# Mental Health & Well-being Resources

Modern Health is a personalized mental health & well-being platform that meets you where you are on your unique mental health journey. Complete an initial assessment to share your needs and preferences, and Modern Health will guide you to one-on-one, self-guided, and community-based resources that can support you in your areas of focus. Here's a quick guide on how Modern Health can support you, and how to access these resources.

I want to work on...	Care Resources available directly through Modern Health	Extended Resources available through Modern Health's EAP partner
<b>My emotions</b> <ul style="list-style-type: none"> <li>Anxiety</li> <li>Depression</li> <li>Grief</li> </ul>	<ul style="list-style-type: none"> <li> <b>1:1</b> video sessions and messaging with mental health coaches &amp; therapists</li> <li> <b>Live Community Circles</b> led by mental health coaches and therapists on mindfulness, self-compassion, and more</li> <li> <b>Self-Guided</b> Courses on Managing Stress and Navigating Intense Emotions, as well as meditations &amp; programs</li> </ul>	<ul style="list-style-type: none"> <li>24/7 Counselor Phone Line</li> </ul>
<b>My performance at work</b> <ul style="list-style-type: none"> <li>Burnout</li> <li>Managing my team</li> <li>Navigating career/team changes</li> <li>Performance reviews</li> </ul>	<ul style="list-style-type: none"> <li> <b>1:1</b> video sessions and messaging with career &amp; leadership coaches</li> <li> <b>Live Community Circles</b> led by coaches and therapists on stress and burnout</li> <li> <b>Self-guided</b> digital resources on Burnout, Work Performance, and Manager Mental Health</li> </ul>	<ul style="list-style-type: none"> <li>Manager supervisory services</li> </ul>
<b>My family, relationships, or community</b> <ul style="list-style-type: none"> <li>Parenting &amp; Caregiving</li> <li>Relationships</li> <li>Improving communication</li> <li>Navigating conflict</li> <li>Supporting DEI in my community</li> </ul>	<ul style="list-style-type: none"> <li> <b>1:1</b> video sessions and messaging with coaches and therapists who specialize in relationships, parenting, inclusion</li> <li> <b>Live Community Circles</b> led by coaches &amp; therapists on relationships, communication, social justice issues, and more</li> <li> <b>Self-guided</b> digital resources on compassion, parenting, and inclusion &amp; belonging</li> </ul>	<ul style="list-style-type: none"> <li>Child care resources</li> <li>Elder care resources</li> <li>Education resources</li> <li>Adoption resources</li> </ul>
<b>My healthy habits</b> <ul style="list-style-type: none"> <li>Setting goals</li> <li>Building a routine</li> <li>Better Sleep</li> <li>Exercise</li> </ul>	<ul style="list-style-type: none"> <li> <b>1:1</b> video sessions and messaging with coaches and therapists who specialize in goal-setting, habits, and sleep</li> <li> <b>Live Community Circles</b> led by coaches &amp; therapists on sleep and building healthy habits</li> <li> <b>Self-guided</b> digital resources on sleep and healthy habits</li> </ul>	<ul style="list-style-type: none"> <li>Home maintenance resources</li> <li>Travel service &amp; pet care</li> <li>Community resources (religious, recreation)</li> </ul>
<b>My financial well-being</b> <ul style="list-style-type: none"> <li>Financial setbacks</li> <li>Understanding my finances</li> </ul>	<ul style="list-style-type: none"> <li> <b>1:1</b> video sessions and messaging with financial well-being Coaches</li> <li> <b>Self-guided</b> digital resources on personal finance</li> </ul>	<ul style="list-style-type: none"> <li>Legal consultations &amp; resources</li> <li>Personal finance resources</li> </ul>

## How to access



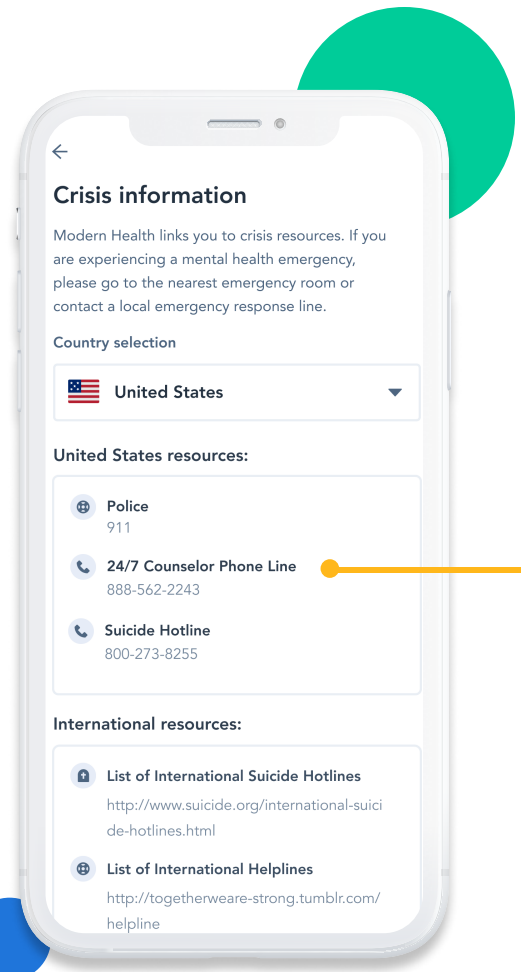
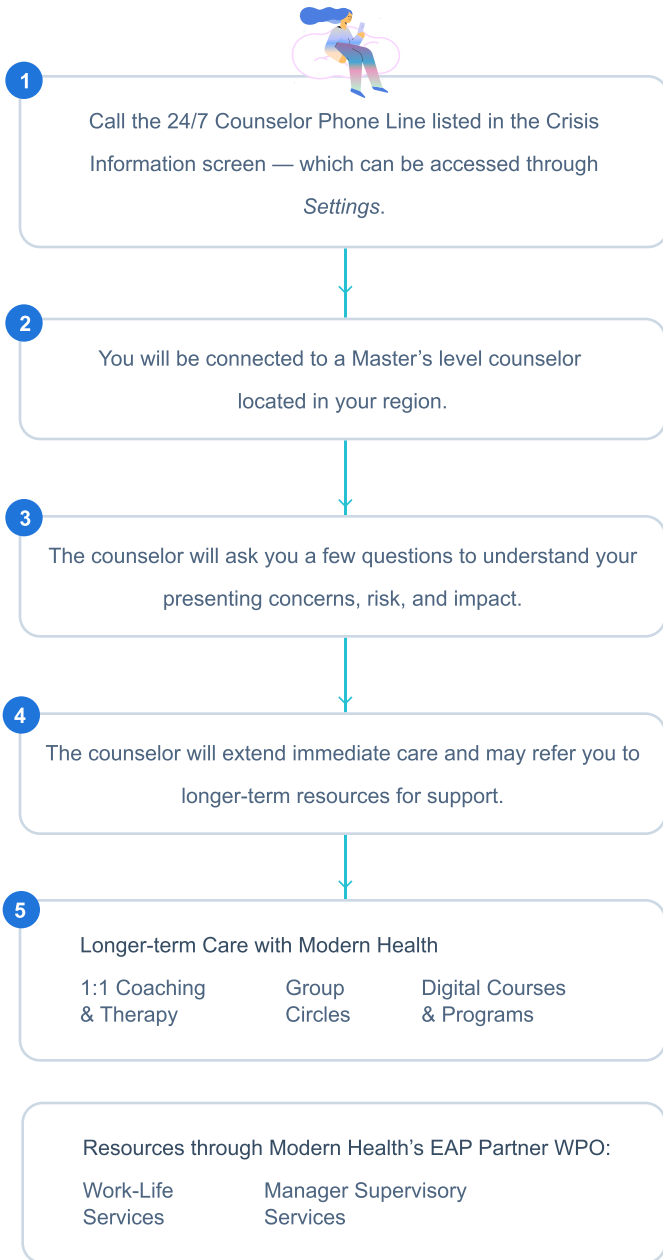
Scan this QR code or visit [Modern Health](#) to sign up. Once you complete the initial assessment, you can access the above 1:1, group, and self-serve resources, personalized to your preferred areas of focus.

From the Modern Health app home screen, scroll to the bottom and either select "Explore your benefits" to view EAP Work-Life services or "Need immediate crisis support?" to view crisis resources.

# 24/7 Counselor Phone Support

Available through Modern Health's EAP partner Workplace Options (WPO)

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.



**Modern Health 24/7  
Counselor Phone Line:  
833-322-1931**



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

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



# Work-Life Services

Available through Modern Health's EAP partner Workplace Options (WPO)

In addition to Modern Health's core one-on-one coaching, therapy, group Circles, and self-paced Courses and programs, you have complimentary access to Work-Life specialists who can help with customized research and referrals for your needs across the below areas.



## Child Care

- Nanny/after-school care
- Child care centers and camps
- Back-up care options



## Elder Care

- Senior housing & transportation
- Community resources such as meal programs and respite care



## Education & Adoption

- Tutoring & financial aid guidance
- Information on schools
- Adoption agency information



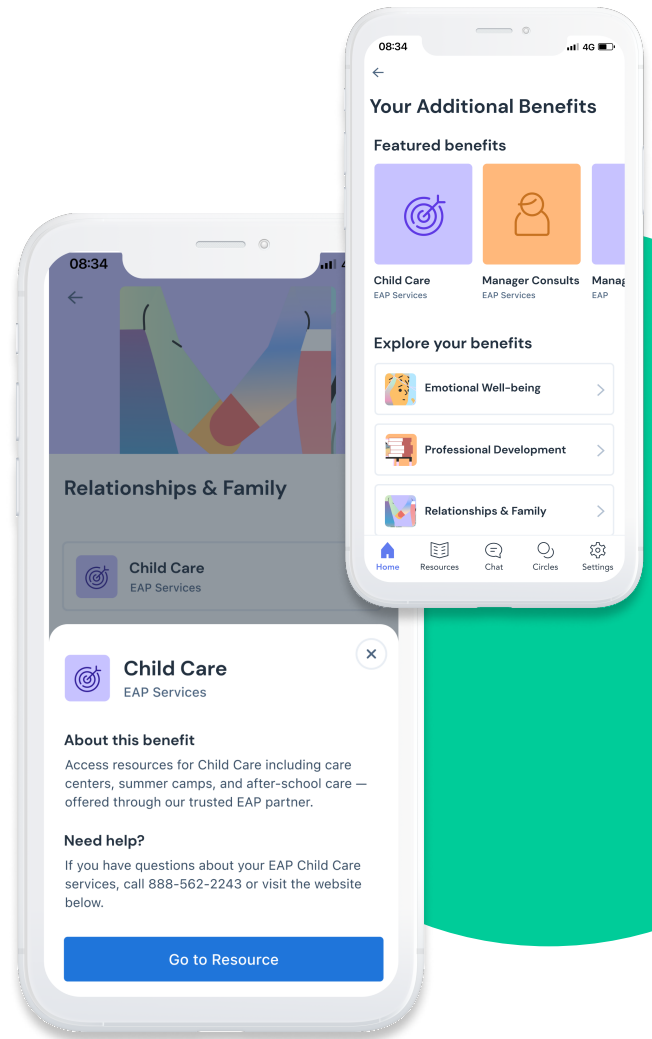
## Financial & Legal Support\*

- Referrals to financial support for budgeting and planning
- Referrals to attorneys
- Identity theft



## Convenience Services\*

- Pet sitting
- Travel services
- Consumer purchases



\*Service offerings vary by country



### Modern Health is your mental wellness benefit.

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

Scan this QR to get started. Or visit [Modern Health](#).



# Manager Supervisory Services

Available through Modern Health's EAP partner Workplace Options (WPO)

In addition to Modern Health's core one-on-one coaching, therapy, group Circles, and self-paced Courses and programs, you have complimentary access to professional consultants that can help managers and leaders navigate employee performance and personal problems, team or work group conflicts, and workplace crises.

## Who these services are for:

- Supervisors and managers
- Human Resources staff
- Benefits personnel
- Company medical staff

## How professional consultants will work with you:

1. Help define the employee or workplace problem
2. Suggest options for how to address the difficulty
3. Assist with developing a plan of action
4. Refer you to Modern Health or other resources
5. Provide ongoing coaching as needed

## How to access services:

- Call the 24/7 Counselor Phone Line
- Share your company name and that you'd like to connect with supervisory services
- Give a brief description for your call. "I would like support with a challenge I'm experiencing with an employee..."

## What professional consultants can help you with:

- Confronting an employee about performance issues
- Employee personal problem
- Suspected drug or alcohol use on the job
- Interpersonal conflicts between team members
- Establishing clear, attainable expectations for performance
- Addressing crisis situations, such as a violent incident, the death of an employee, or a natural disaster



### Modern Health is your mental wellness benefit.

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

Scan this QR to get started. Or visit [Modern Health](#).



