

Your home for mental wellness is here.

Welcome to Modern Health, your resource for mental wellness benefits so you can be the best version of yourself, at home and at work.



One-on-one coaching & therapy



Live and on-demand group sessions



Meditations & programs



Unlimited texting with providers

Modern Health provides support for all aspects of life:





Professional Health



Social Health



Physical Health



Financial Health

Take the first step toward prioritizing you:

Scan this QR code or visit **my.modernhealth.com** to get started. Questions? Email us at **help@modernhealth.com**.



