

# Getting Started with Modern Health

Modern Health is your mental wellness benefit through your employer, that provides you 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 code. After your download is complete, select “Join Now” from the welcome page from the mobile app.
- ✓ Use the first and last name you have on file with your employer.
- ✓ Enter your Company name, then your company email, and a password of your choice.
- ✓ Select “Register” on the web” or “Agree & Join” on the Mobile app to complete registration.



If you have trouble registering for Modern Health, please don't hesitate to reach out to [help@modernhealth.com](mailto:help@modernhealth.com) with a note or screenshot. The Modern Health customer support team will verify the information against what they have on file with your employer to provide you the best instructions on how to successfully access Modern Health.