

# Invite Your Dependents to Modern Health

**Benchling** has partnered with Modern Health to provide you and your dependents<sup>\*</sup> mental wellness benefits including personalized 1:1, group, and self-serve resources for your well-being. Help them take the first step toward their best self.



Register and complete onboarding for your own account by scanning the QR code or visiting <u>my.modernhealth.com</u>

- From the Home Screen, select Settings
- Choose Invite Dependents from the Settings tab
- Enter your dependent's information. Note: more information will be required if your dependent is a minor.



For adult dependents, an invite will be sent to them via email to sign up. For minor dependents, Modern Health will contact you in 48 hours.

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Let's start with the basics. Use the information that you have on file with your workplace.	Hello, Isabelle 👋	Settings Crisis resources	X Invite your dependent Your dependent will receive an email to create their own Modern Health account.
First name	It's Ok if You're Not OK	Access to 24/7 crisis information >	
Last name	Learn how to practice the 3 key aspects of self correasion.	Notifications	Dependent information
Doyle	Taxe a pause	Push notifications >	Joanna
Date of birth	4 You have a 1 week streak!	Your account	Last name Doyle
01/05/1991	For you	Profile details >	Language
Company code	Coaching with Darlene >	Invite dependents >	English 💌
Email address	Discover Circles > Uve community sessions, led by pros	Sign out >	Email john.doyle87@gmail.com
Isabelle@acme.com	Managing Stress Course >	Additional information	
Sign up with Single Sign On		Additional benefits >	
Back Continue	Your 1:1 care Manage care team	Contactus >	Send invite

Need help registering for Modern Health? Email help@modernhealth.com.

\*In accordance with the Children's Online Privacy Protection Rule (COPPA), coverage for dependents ages 0-17 only includes therapy.





# What is Modern Health?

Modern Health is a mental wellness app that's available to you and your dependents as a free benefit. Modern Health provides access to one-on-one, live and on-demand group sessions, and digital resources for emotional, professional, and financial well-being - all in a single, secure platform.

# What age dependents are covered through Modern Health?

For US-based employees, dependents age 6+ are eligible for Modern Health services. For employees outside of the US, dependents age 13+ are eligible for Modern Health services.

### How can Modern Health support children & adolescents?

Modern Health's network of therapists include those who specialize in supporting children and adolescents using evidence-based practices to address issues such as anxiety, depression, difficulties at school, and family stressors such as divorce/separation.

### Are there limitations?

Minor dependents (ages 6-17) may get connected to therapy services, but will not be granted access to services offered within the Modern Health app like coaching and digital content in accordance with the Children's Online Privacy Protection Rule (COPPA).

### How do you request care for your dependents?

Sign up for Modern Health and go through the initial onboarding flow. Go to the Settings tab and choose "Invite Dependent." Enter your family member's information. For adult family members, an invite will be sent to them via email to sign up. For minor family members, Modern Health will contact you in 48 hours.

Need help registering for Modern Health? Email help@modernhealth.com.





