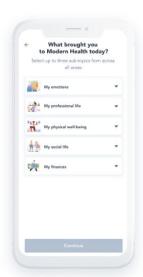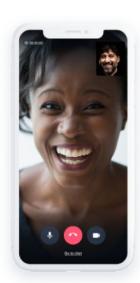# Getting Started with Modern Health

In a world that never stops moving, unexpected challenges arise every day. Modern Health is mental health care designed for your life in motion. Whether you need help managing your anxiety, looking for guidance on how to level up professionally, or maybe addressing challenges in family relationships- Modern Health is here for you.

Supporting Benchling employees & your eligible dependents, Modern Health provides resources that adapt to wherever you are in your mental wellness journey.

Your benefit includes access to free self-guided meditations and digital courses, community-based events, and one-on-one mental health support with a coach or therapist—all in a single and secure mobile app or website.

1. Scan this QR code. After your download is complete, select "Join Now" from the welcome page from the mobile app.

2. Use the first and last name you have on file with your employer.

3. Enter your [Benchling] as the Company name, then your company email, and a password of your choice.

4. 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** 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.

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 to get started. Or visit Modern Health.