



+



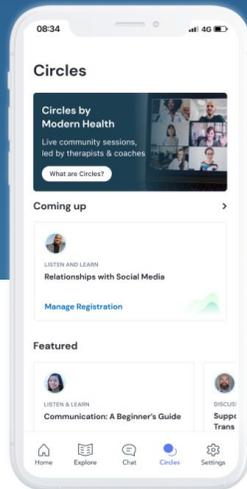
# Your home for mental wellness is here.

Benchling has partnered with Modern Health to offer mental wellness benefits so you can be the best version of yourself, at home and at work.

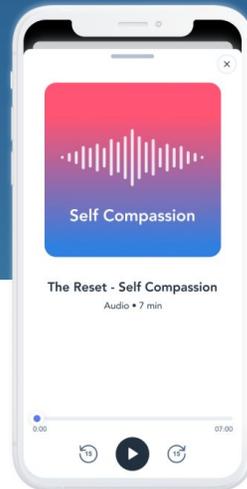
Benchling employees, spouses, domestic partners, and adult dependents 18 to 26 (therapy available to children 0+) have access to:



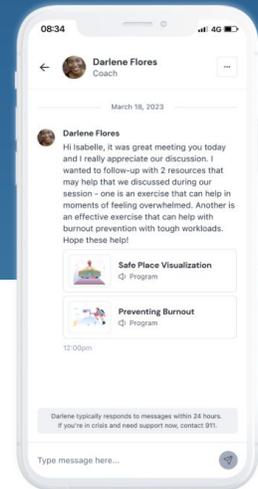
**10 one-on-one coaching & 10 therapy sessions per year**



**Unlimited live and on-demand group sessions**



**Meditations & programs**



**Unlimited texting with a coach**

Take the first step **toward prioritizing you:**

Scan this QR code or visit [my.modernhealth.com](https://my.modernhealth.com) to get started.

Verify using the first name, last name, and company email you have on file with your employer.

**Information given to Modern Health is 100% confidential.**

Questions? Email us at [help@modernhealth.com](mailto:help@modernhealth.com).

