Modern Health is a comprehensive mental wellness benefit and employee assistance program **available to all Benchling employees and dependents** through a mobile or web app.

Modern Health guides you to the right care for your mental well-being needs — whether that's one-on-one therapy, coaching, group-based support, self-serve digital resources, or work/life services.

Modern Health supports the full spectrum of employee and dependent well-being needs.



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MODERN HEALTH + Benchling

Welcome to Modern Health

You have access to Modern Health, your free personalized mental health benefit designed to support your emotional, professional, social, physical, and financial health — all in a single, secure platform. Find care that's right for you:

- 10 One-on-one therapy and coaching sessions
- Unlimited chat and text with therapists and coaches
- Unlimited live and on-demand group sessions
- A library of self-serve digital mental health resources



Use your benefit today!

Scan the QR code or visit my.modernhealth.com.
Questions? Reach out to help@modernhealth.com
Company Code: Benchling

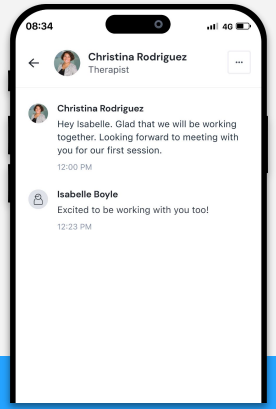
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What's included for Benchling employees & your families, at no cost to you.



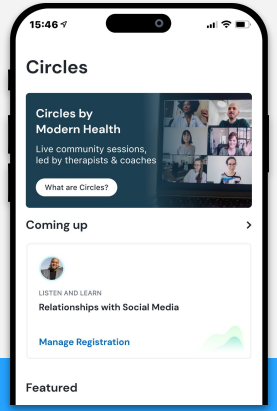
Provider Sessions

10 Coaching sessions
10 Therapy sessions



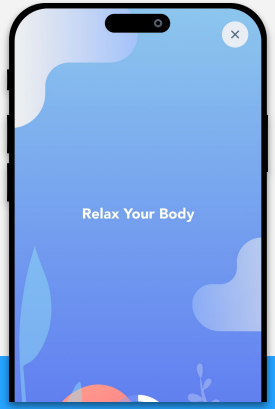
Provider Messaging

Unlimited in-app messaging with your coach and/or therapist



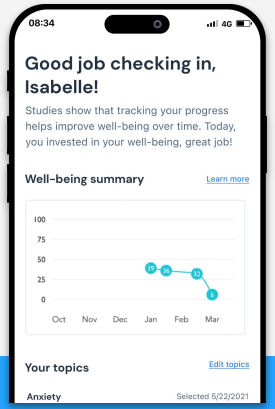
Community Circles

Unlimited access



Habit-building Activities

Unlimited

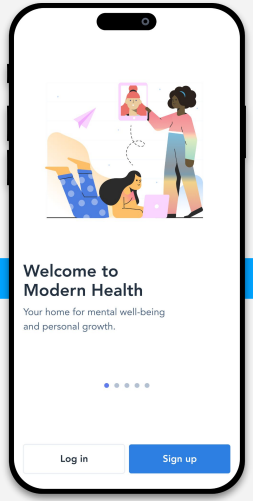


Well-being Check-ins

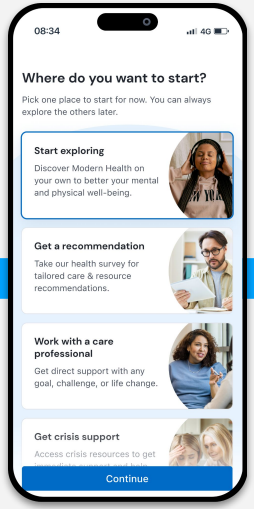
Unlimited

Dependent Access:
Adult dependents 18 years + have full access to Modern Health;
Minor dependents ages 0 - 17 US; ages 6 - 17 Internationally have access to therapy only

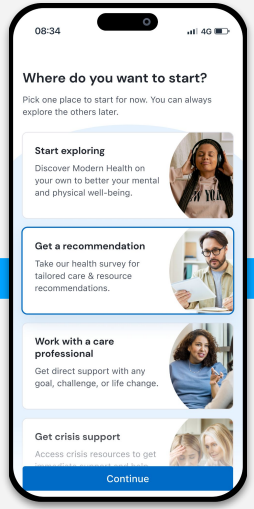
Getting Started with Modern Health



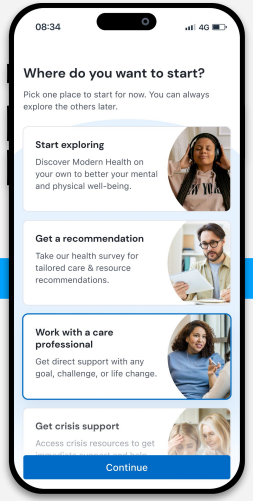
1. Sign by going to my.modernhealth.com using your Full Name, DOB and Email on company file
Company Code is:
Benchling



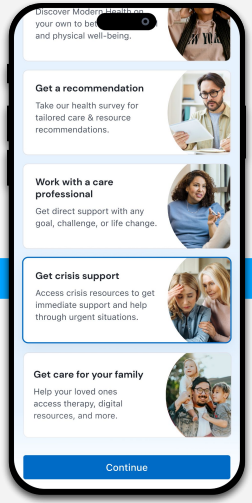
2. Start exploring



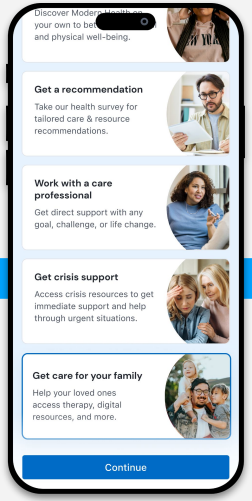
3. Get a care recommendation



4. Work with a coach or therapist



5. Get crisis support



6. Get care for your family

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