

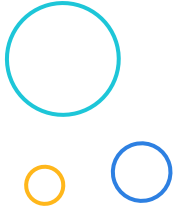


Let's talk about self care.

Welcome to Modern Health

Your home for mental wellness support





A mental wellness platform that helps you **be your best self**,
at work, at home, and in your relationships.



Expand Access



Evidence-Based



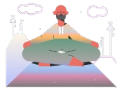
Personalized



Confidential



What can Modern Health help you with?



Emotional Health

Anxiety
ADHD
Autism Spectrum
Depression
Disordered Eating
Grief
Mindfulness
Spirituality
Obsession & Compulsions
Trauma



Professional Health

Burnout
Career Change
Workload
Promotions
DEI at Work
Work/Life Balance
Reduction in Workforce



Social Health

Romantic Relationships
Friendships
Divorce/Breakups
Community Inclusion & Belonging



Physical Health

Exercise
Healthy Diet
Medical/Health
Sleep
Chronic Conditions



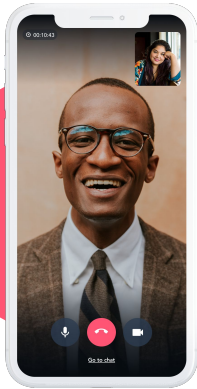
Financial Health

Goals
Budgeting
Saving
Debt
Investment
Financial wellbeing



What's included for Pixar employees & dependents:

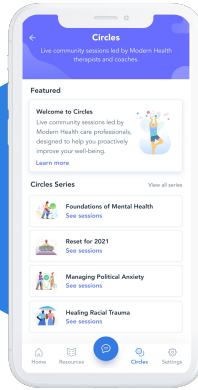
One on One Sessions



8 Sessions with Certified Coaches

8 Sessions with Therapists, as needed

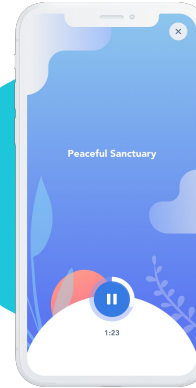
Group Circles



Circles: Live Provider-Led Community Sessions

Unlimited Access

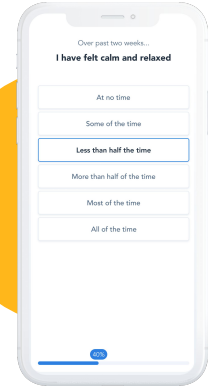
Self-Serve



Self-Paced Digital Content Library

Unlimited Access

Accountability



Well-being Check-ins

Unlimited Access



The Power of Coaching

At Modern Health, our coaches are certified in the same evidence-based techniques as therapists to help you grow, improve, and thrive.

- ✓ Reduce stress & burnout
- ✓ Learn actionable tools & strategies
- ✓ Create healthy habits & goals
- ✓ Get culturally centered support



The thing is I really love you guys :) Your platform, your services and your professionals. And, specifically, the **coach I've been working with lately.** She's **helping me tremendously, both at a professional but also personal level.**"

- Modern Health Member



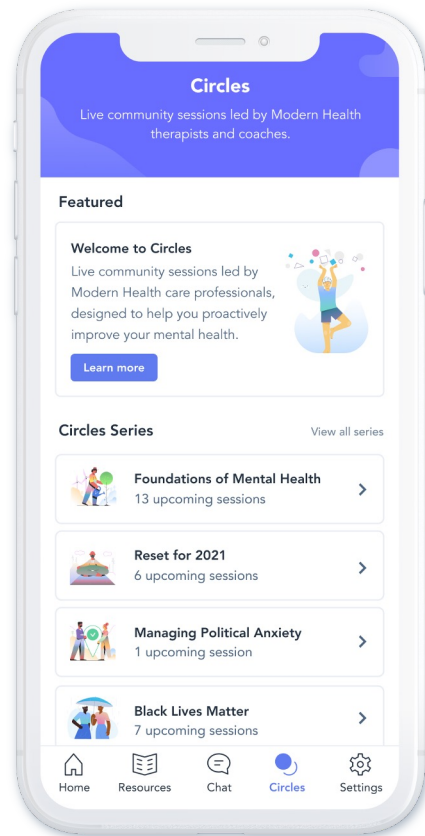
Private & Confidential – Do Not Distribute





Live community sessions led by coaches & therapists

Discussions, Workshops, and Listen & Learn sessions on topics that matter to you. Modern Health Circles are safe spaces for communities to collectively process, connect, and learn.



Getting Better Sleep



Maintaining Perspective



Quieting Negative Thoughts



Black Lives Matter



Transgender Stories



Building Healthy Habits



Manager Mental Health

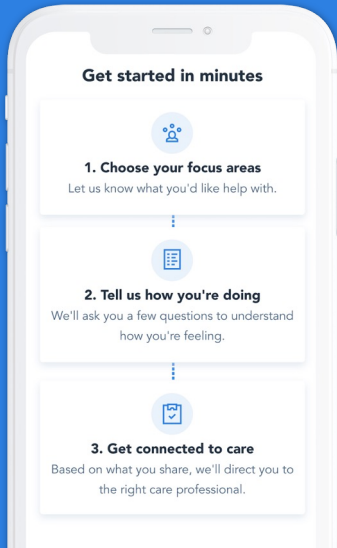


Healing Asian Communities



Parenting Support

Here's how you can get started!



- 01** **Download** the Modern Health mobile app or go to my.modernhealth.com.
- 02** **Sign up** with your work email and your company name.
- 03** Answer a few questions about your well-being, needs, and preferences
- 04** Get your care recommendation!



Want to learn more?

Upcoming Live Info Sessions

Live Demo + Q&A

[Add Date + Time]

[Register here](#)

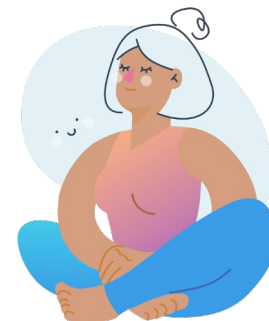
How Mental Health Impacts Us All

[Add Date + Time]

[Register here](#)

For additional questions:

[Include link to your intranet page where you host Modern Health resources, relevant Slack channel, and/or benefits team email address]





Questions?

Contact us at help@modernhealth.com

