



MODERN HEALTH

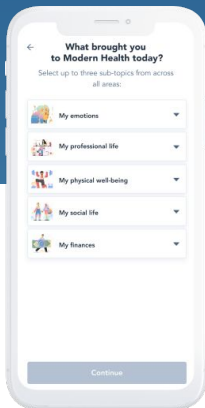
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CEBT  
Benefit by Trust

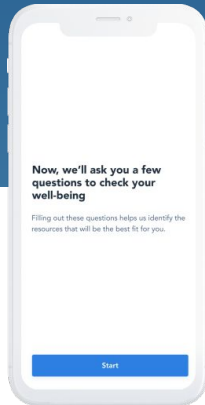
# Your CEBT Benefits Through Modern Health

We recognize that many things can impact how we show up day-to-day — including our emotions, careers, relationships, health, and finances. Modern Health makes it simple for you to get support in the areas that matter most to you.

Once you register for Modern Health, we offer some guidance below that can help you determine which level of care may be best for your unique needs:



**1. Let us know what you'd like help with.**



**2. Let us know how you're doing.**



**3. Check out ways you can use Modern Health:** Try a Circle, meditation, or set up your first one-on-one session



**Modern Health is your mental wellness benefit.**

Access to personalized 1:1, group, and self-serve resources for your well-being. Scan this QR to get started. Or visit [my.modernhealth.com](https://my.modernhealth.com). Company code: **cebt**  
Questions? [help@modernhealth.com](mailto:help@modernhealth.com)



# What Modern Health offers

Once you answer a few questions about your well-being and your preferences for types of care, Modern Health will develop a personalized care plan that recommends a combination of one-on-one, group, and self-serve digital resources that can help you in your focus areas.

Care options	What is this?	How can this help?	What's included?	How to access:
<b><u>Guided Meditations</u></b>	Guided, silent, or music-based meditations	Practice mindfulness and find calm, in just 5 minutes per day, on your own schedule	Unlimited access	Access through the Modern Health web or mobile app <a href="#">here</a>
<b><u>Digital Programs</u></b>	Topical wellness programs and exercises	Build mental health into your routine, in just 5 minutes per day, on your own schedule	Unlimited access	Access through the Modern Health web or mobile app <a href="#">here</a>
<b><u>Circles</u></b>	Live, topic-based community sessions led by therapists and coaches	Learn, share, connect, and heal with others on topics that impact our well-being	Unlimited access	Access through the Modern Health web or mobile app <a href="#">here</a>
<b><u>Coaching</u></b>	1-1 video sessions with certified coaches who help you gain awareness and move toward goals	Learn evidence-based techniques from coaches specializing in mental health, parenting, work, relationships, financial well-being, and more.	8 sessions per year	Access through the Modern Health web or mobile app <a href="#">here</a>
<b><u>Therapy</u></b>	1-1 video sessions with licensed therapists	Receive treatment for concerns that may be highly impacting your day-to-day mental health	8 sessions per year	Access through the Modern Health web or mobile app <a href="#">here</a>

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