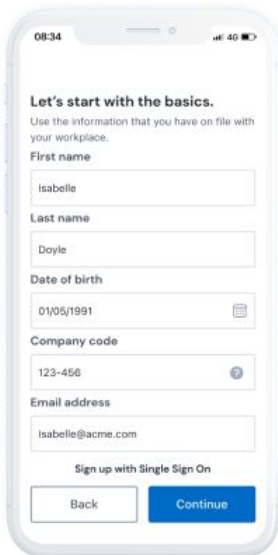


# Invite Your Dependents to Modern Health

Awesome has partnered with Modern Health to provide you and your dependents mental wellness benefits including personalized 1:1, group, and self-serve resources for your well-being. Help them take the first step toward their best self.

- ✓ Register and complete onboarding for your own account
- ✓ From the Home Screen, select Settings
- ✓ Choose Invite Dependents from the Settings tab
- ✓ Enter your dependent's information. Note: more information will be required if your dependent is a minor.
- ✓ For adult dependents, an invite will be sent to them via email to sign up. For minor dependents, Modern Health will contact you in 48 hours.

08:34 4G

**Let's start with the basics.**  
Use the information that you have on file with your workplace.

First name  
Isabelle

Last name  
Doyle

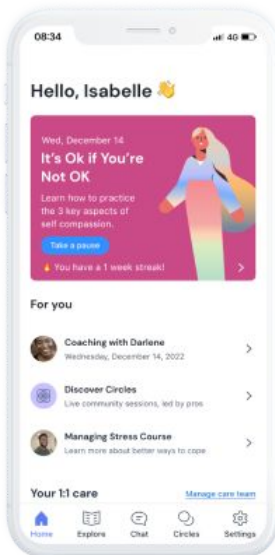
Date of birth  
01/05/1991

Company code  
123-456

Email address  
Isabelle@acme.com

Sign up with Single Sign On

Back Continue



08:34 4G

Hello, Isabelle 🌟

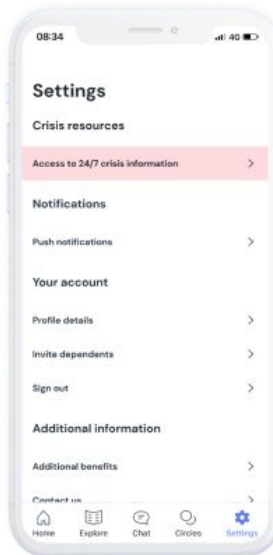
Wed, December 14  
**It's Ok if You're Not OK**  
Learn how to practice the 5 key aspects of self-compassion.  
Take a pause  
🔥 You have a 1 week streak!

**For you**

- Coaching with Darlene  
Wednesday, December 14, 2022
- Discover Circles  
Live community sessions, led by pros
- Managing Stress Course  
Learn more about better ways to cope

Your 1:1 care [Manage care team](#)

Home Explore Chat Circles Settings



08:34 4G

**Settings**

**Crisis resources**

Access to 24/7 crisis information >

**Notifications**

Push notifications >

**Your account**

Profile details >

Invite dependents >

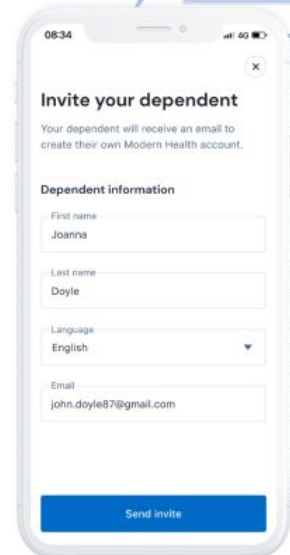
Sign out >

**Additional information**

Additional benefits >

Contact us

Home Explore Chat Circles Settings



08:34 4G

**Invite your dependent**

Your dependent will receive an email to create their own Modern Health account.

**Dependent information**

First name  
Joanna

Last name  
Doyle

Language  
English

Email  
john.doyle87@gmail.com

Send invite

If you have trouble registering for Modern Health, please don't hesitate to reach out to [help@modernhealth.com](mailto: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.

# FAQs

## What is Modern Health?

Modern Health is a mental wellness app that's available to you and your dependents as a free benefit. Modern Health provides access to one-on-one, group, and digital resources for emotional, professional, and financial well-being - all through a single web and mobile-based platform.

## What age dependents are covered through Modern Health?

In the U.S., dependents age 0-17 are eligible for therapy as of Jan. 1, 2024. Outside of the U.S., dependents age 13-17 may get connected to therapy services.

## How can Modern Health support children & adolescents?

Modern Health's network of therapists include those who specialize in supporting children and adolescents using evidence-based practices to address issues such as anxiety, depression, difficulties at school, and family stressors such as divorce/separation.

## Are there limitations?

Minor dependents may get connected to therapy services, but will not be granted access to services offered within the Modern Health app like coaching and digital content in accordance with the Children's Online Privacy Protection Rule (COPPA).

## How do you request care for your dependents?

Sign up for Modern Health and go through the initial onboarding flow. Go to the Settings tab and choose "Invite Dependent." Enter your family member's information. For adult family members, an invite will be sent to them via email to sign up. For minor family members, Modern Health will contact you in 48 hours.

If you have trouble registering for Modern Health, please don't hesitate to reach out to [help@modernhealth.com](mailto: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 [my.modernhealth.com](https://my.modernhealth.com).

