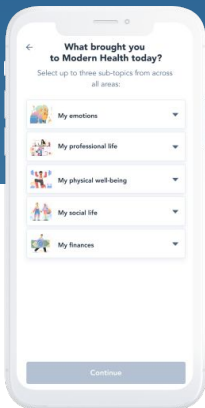




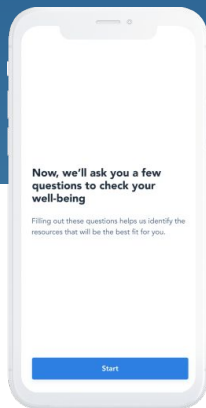
# Your Pella Benefits Through Modern Health

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 guidance 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:** Set up a 1:1 session, check out a Circle, or try a meditation

**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: **pella** Questions? [help@modernhealth.com](mailto:help@modernhealth.com)



# What Modern Health offers

Modern Health offers one-on-one, group, and self-serve digital resources that can help you be the best version of yourself at home, at work and in your relationships.

Care options	What is this?	How can this help?	What's included?	How to access:
<b>Digital Programs &amp; Guided Meditations</b>	Topical wellness programs and exercises, including guided, silent, or music-based meditations	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>Pathways</b>	Structured one-on-one support for common life experiences	Programs designed to accelerate outcomes via 1:1 sessions and interactive exercises	1 pathway (2/ collections) 4 sessions/ Pathway 8 sessions/year	Access through the Modern Health web or mobile app <a href="#">here</a>
<b>Circles</b>	Live, and recorded 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>Coaching</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.	6 sessions per year	Access through the Modern Health web or mobile app <a href="#">here</a>
<b>Therapy</b>	1-1 video sessions with licensed therapists	Receive treatment for concerns that may be highly impacting your day-to-day mental health	6 sessions per year	Access through the Modern Health web or mobile app <a href="#">here</a>
<b>Care Connect</b>	24/7 Crisis Hotline Technical Support Work life services	Receive support when you in crisis situations.  Connect with additional services	Unlimited access	Call 866-535-6463  Also available in the Modern Health web or mobile app <a href="#">here</a>



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