



# Welcome to Modern Health

You and your dependents 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:

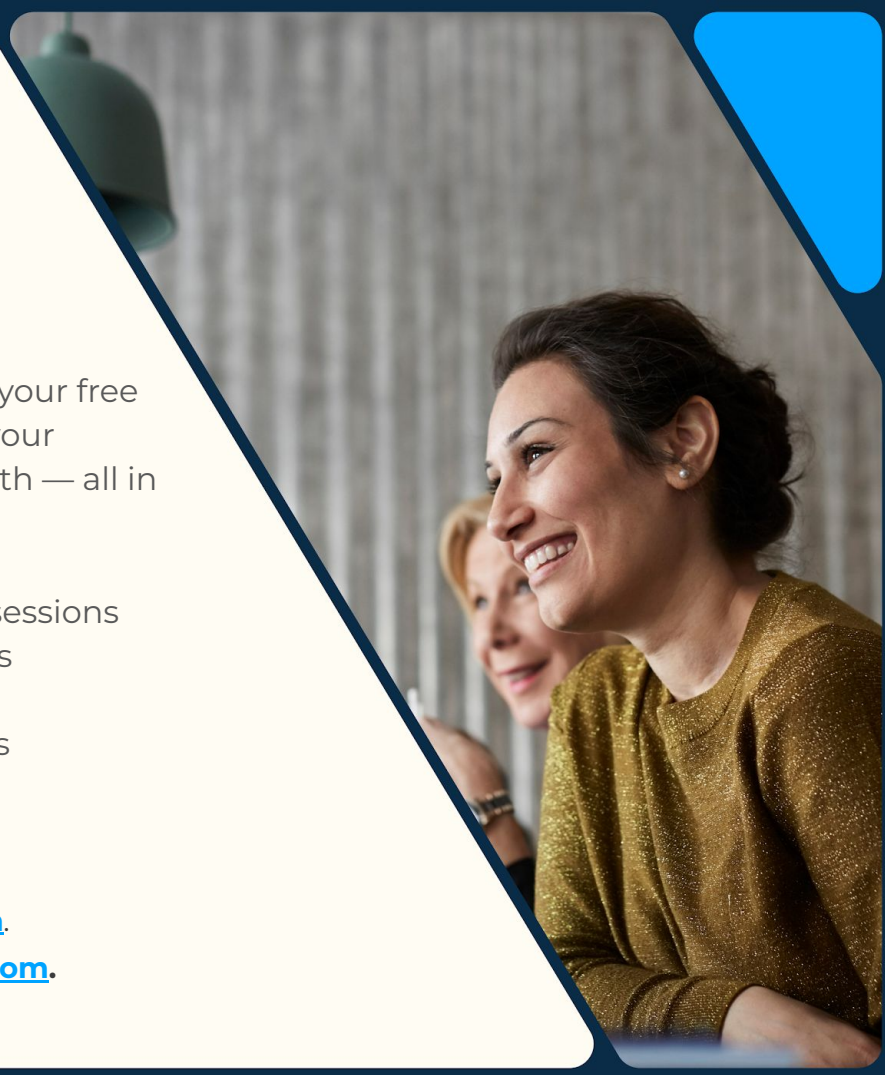
- 8 one-on-one therapy and 8 one-on-one coaching sessions
- Unlimited chat and text with therapists and coaches
- Unlimited live and on-demand group sessions
- A library of self-serve digital mental health resources



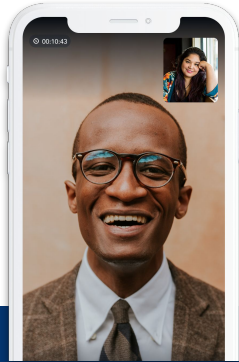
**Use your benefit today!**

Scan the QR code or visit [my.modernhealth.com](https://my.modernhealth.com).

**Questions?** Reach out to [help@modernhealth.com](mailto:help@modernhealth.com).



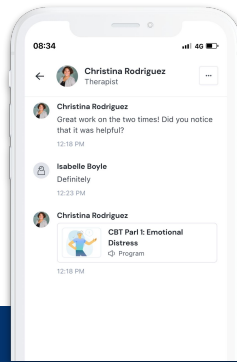
# What's included for US Fortinet Employees, Fortinet Federal Employees & dependents, at no cost.



## Provider Sessions

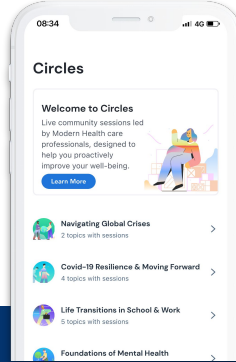
8 Coaching sessions

8 Therapy sessions



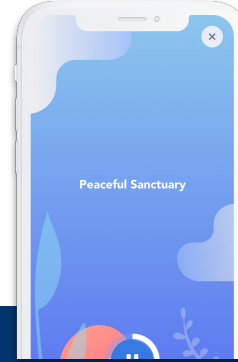
## Provider Messaging

Unlimited



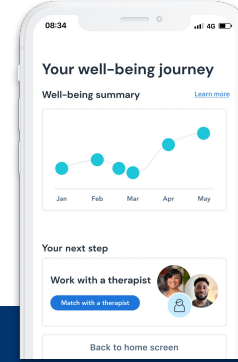
## Community Circles

Unlimited



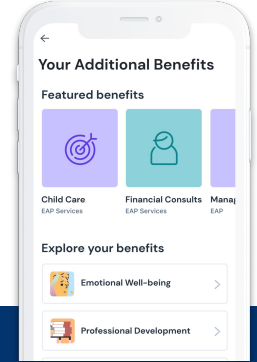
## Habit-building Activities & Wellbeing Check-ins

Unlimited



## Navigation Services

Care Navigators  
Self-guided Benefits  
Navigation



## Care Connect

Modern Health  
Helpline  
Work-Life Services  
Supervisory Services  
Care Coordination

*Sessions reset  
annually on Jan 1*

\*Therapy available to dependents age 0+ in the US