



# For SCCOE Employees





4. Once you answer a few questions about your well-being and your preferences for the type of care, Modern Health will develop a personalized care plan for you that recommends a combination of one-on-one, group, and self-serve digital resources that can help you in your areas of focus. Through the well-being assessment, Modern Health is able to provide you with the best user experience and recommend a plan that is most effective in addressing your specific need.

You may invite dependents to register for Modern Health only after you've registered yourself. Once you've registered, you will have the option in your user profile to invite adult dependents (18+) under "Settings", then choose "Invite Dependents" and fill in the necessary information.

#### **Minor Dependents (6-18 Years Old - U.S. ONLY) or (13-18 Years Old)**

Direct access to Modern Health is only available for dependents 18+. If your dependent is between the ages of 13-18 and would like access therapy sessions, after submitting the minor dependent via the mobile app or via [help@modernhealth.com](mailto:help@modernhealth.com), our Modern Health Care Team will reach out to the main benefit holder directly via email to confirm the request and initiate the care matching process for the minor dependent.

After you registered with Modern Health, you can update your preferred email via our mobile app (iOS / Android) or the Modern Health web application. For the mobile app, please follow these steps to update your preferred email:

1. Select "Settings" on the bottom right side of the home screen.
2. Tap Profile Details, then Account Details.
3. Under Login & Contact Email, update your preferred email.
4. Finally, tap Change Email to save your preferred email.
- 5.

All information submitted through the Modern Health application is kept confidential and used to deliver a personalized experience. No individual user data will ever be shared back with your employer.

Hypertext Transfer Protocol Secure (HTTPS) encryption measures are used for all data exchanged between our members and our application. Both chat and video use end-to-end encryption. For chat messages with providers, conversations are encrypted in transit via SSL (TLS v1.2