



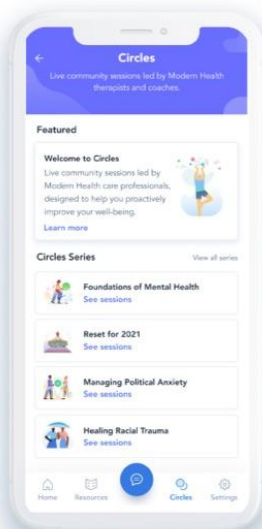
# Your home for mental wellbeing is here.

Radiology Partners has partnered with Modern Health to offer mental wellbeing benefits so you can be the best version of yourself, at home and at work.

Radiology Partners' Teammates and dependents have access to:



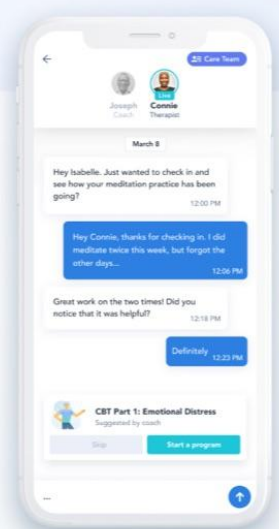
**One-on-one coaching & therapy visits**



**Live group sessions**



**Meditations & programs**



**Provider messaging**

**Take the first step toward prioritizing you:**  
Scan this QR code or visit [my.modernhealth.com](https://my.modernhealth.com) to get started.

Questions? Email us at [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 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.

Care Option	What is this?	How can this help?	What's included?	How to access:
<b>Guided Meditations</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>Digital Programs</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>Circles</b>	Live topic-based community sessions, led by therapists & 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 who specialize 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>Therapy</b>	1-1 video or in-person 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>



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

Access to personalized 1:1, group, and self-serve resources for your wellbeing, 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 [Modern Health](#).

