

EAP Services

In addition to Modern Health's core one-on-one coaching, group Circles, and self-paced Courses and programs, you have access to the below extended EAP services through Modern Health's EAP partner — Workplace Options (WPO).

24/7 Counselor Phone Line

FOR:
For urgent needs and
critical incidents

INCLUDES:
Phone line for
immediate access to
counselors

Work-Life Services

FOR:
Referrals to child care,
elder care, adoption,
education, and
convenience services.*

INCLUDES:
Research and
referrals through
Work-Life specialists

*Service offerings vary by country



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.

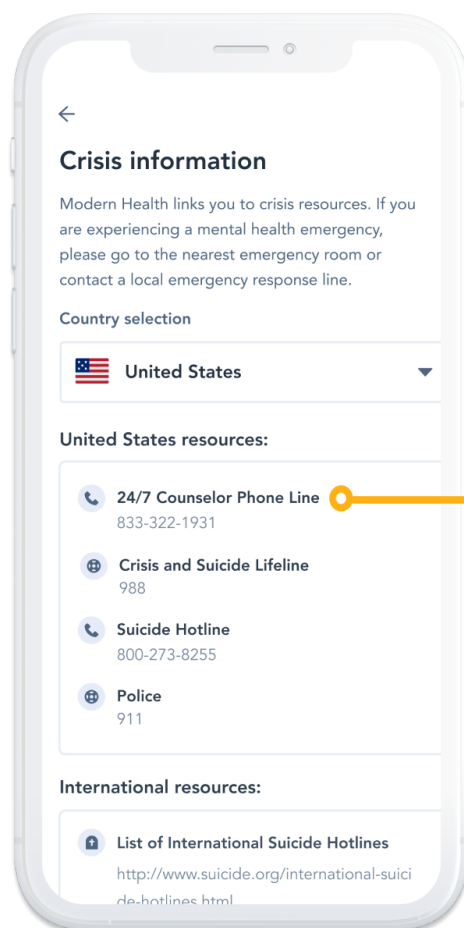
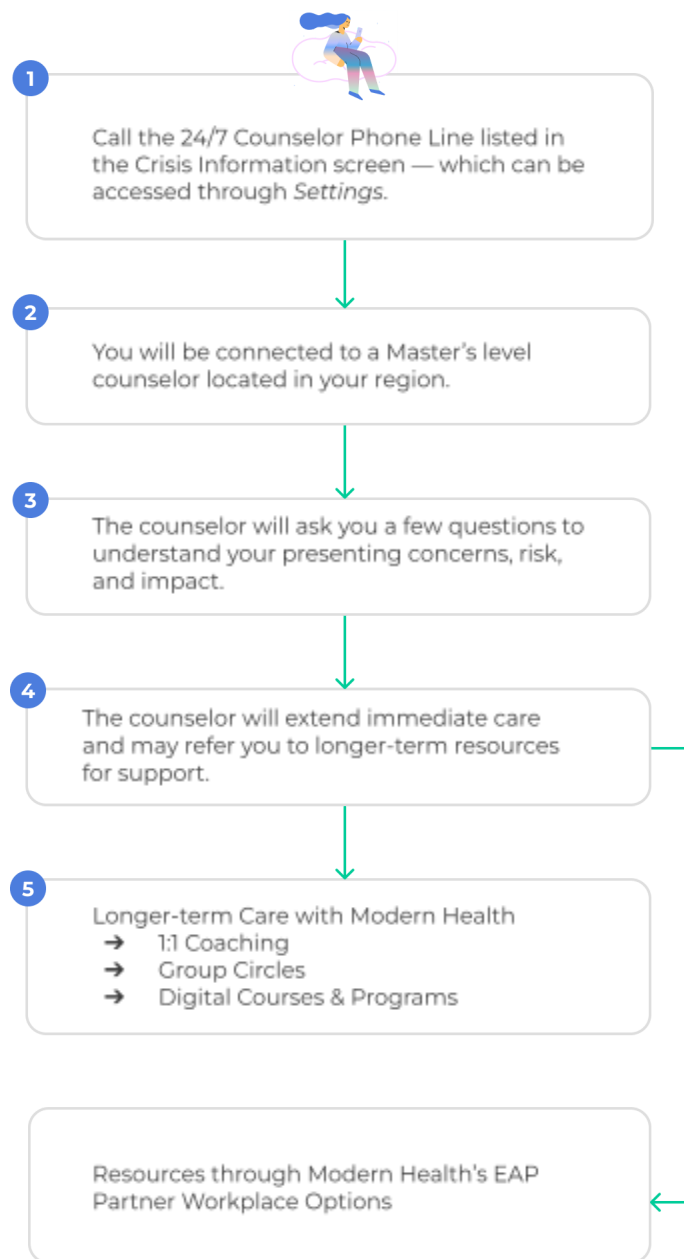
Scan this QR to get started. Or visit [Modern Health](https://modernhealth.com).



24/7 Counselor Phone Support

Available through Modern Health's EAP partner Workplace Options (WPO)

For urgent needs and critical incidents, Modern Health offers access to a 24/7 phone line, where you can get connected to a master's level counselor within seconds for immediate support.



**Modern Health 24/7
Counselor Phone Line:
833-322-1931**



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Work-Life Services

Available through Modern Health's EAP partner Workplace Options (WPO)

In addition to Modern Health's core one-on-one coaching, group Circles, and self-paced Courses and programs, you have complimentary access to Work-Life specialists who can help with customized research and referrals for your needs across the below areas.

How to access: Access these resources by selecting "Explore your benefits" from the home screen of the Modern Health app or by calling the 24/7 counselor phone line.



Child Care

- Nanny/after-school care
- Child care centers and camps
- Back-up care options



Elder Care

- Senior housing & transportation
- Community resources such as meal programs and respite care



Education & Adoption

- Tutoring & financial aid guidance
- Information on schools
- Adoption agency information



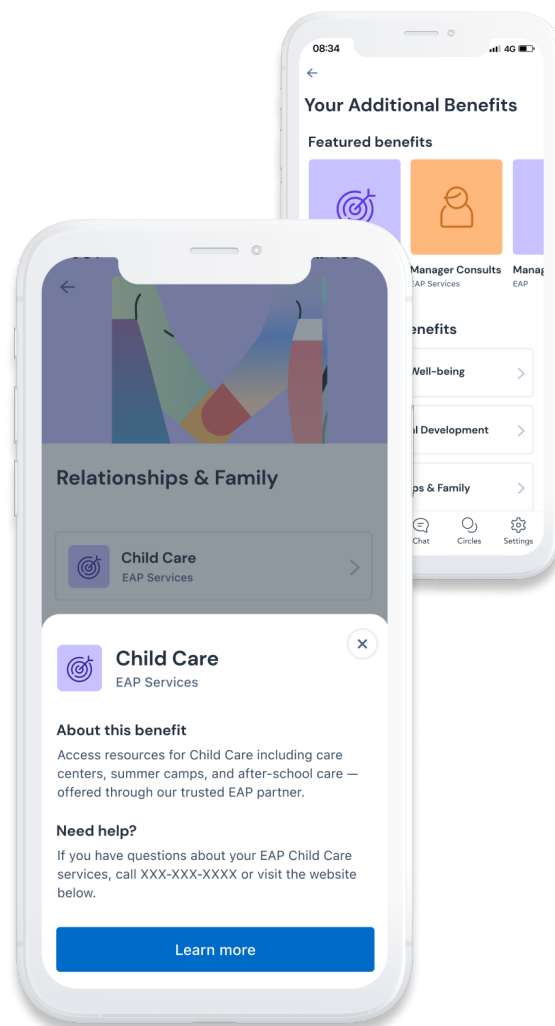
Financial & Legal Support*

- Referrals to financial support for budgeting and planning
- Referrals to attorneys
- Identity theft



Convenience Services*

- Pet sitting
- Travel services
- Consumer purchases



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Mental Health & Well-being Resources

Proofpoint offers you and your dependents access to Modern Health — a personalized mental health & well-being platform that meets you where you are on your unique mental health journey. Complete an initial assessment to share your needs and preferences, and Modern Health will guide you to one-on-one, self-guided, and community-based resources that can support you in your areas of focus. Here's a quick guide on how Modern Health can support you, and how to access these resources.












I want to work on...

Care Resources

available directly through Modern Health

Extended Resources

available through Modern Health's EAP partner

My emotions <ul style="list-style-type: none"> Anxiety Depression Grief 	 1:1 video sessions and messaging with mental health coaches & therapists  Live Community Circles led by mental health coaches and therapists on mindfulness, self-compassion, and more  Self-Guided Courses on Managing Stress and Navigating Intense Emotions, as well as meditations & programs	24/7 Counselor Phone Line
My family, relationships, or community <ul style="list-style-type: none"> Parenting & Caregiving Relationships Improving communication Navigating conflict Supporting DEI in my community 	 1:1 video sessions and messaging with coaches and therapists who specialize in relationships, parenting, inclusion  Live Community Circles led by coaches & therapists on relationships, communication, social justice issues, and more  Self-guided digital resources on compassion, parenting, and inclusion & belonging	<ul style="list-style-type: none"> Child care resources Elder care resources Education resources Adoption resources
My healthy habits <ul style="list-style-type: none"> Setting goals Building a routine Better Sleep Exercise 	 1:1 video sessions and messaging with coaches and therapists who specialize in goal-setting, habits, and sleep  Live Community Circles led by coaches & therapists on sleep and building healthy habits  Self-guided digital resources on sleep and healthy habits	<ul style="list-style-type: none"> Home maintenance resources Travel service & pet care Community resources (religious, recreation)
My financial well-being <ul style="list-style-type: none"> Financial setbacks Understanding my finances 	 1:1 video sessions and messaging with financial well-being Coaches  Self-guided digital resources on personal finance	<ul style="list-style-type: none"> Legal consultations & resources Personal finance resources



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