

Take the Stress Out of Finances

We're here to help you feel confident and supported when it comes to money.



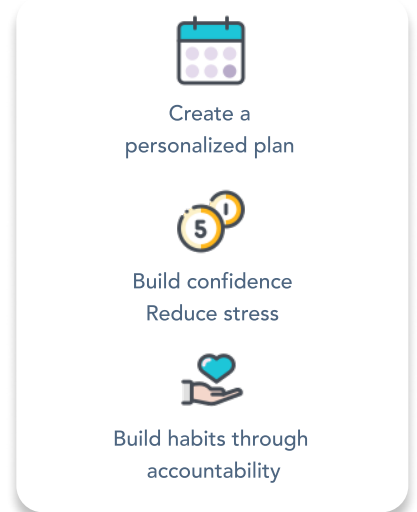
When I'm working with clients, there are usually underlying thoughts, feelings, or circumstances that are stopping them from making the most strategic financial decisions they could be making. We work together to break old patterns and set new goals.

MICKALLYN ELLIS, MODERN HEALTH COACH

How Financial Coaching Can Help You

Planning for things like saving, budgeting, or paying off loans can feel like daunting tasks to take on, especially during times of financial uncertainty. For many of us, it can feel overwhelming to even know where to start, leading us to put off finances or avoid them altogether.

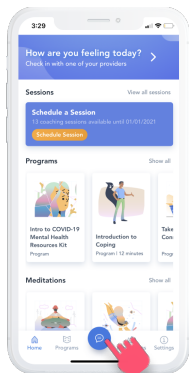
At Modern Health, we're here to help you feel confident and in control when it comes to your financial well-being. Use your available coaching sessions to meet with a Financial Coach, who can help you develop a plan that you're excited about!



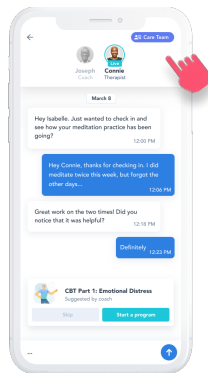
- Create a personalized plan
- Build confidence
Reduce stress
- Build habits through accountability

Add a Financial Coach to Your Care Team

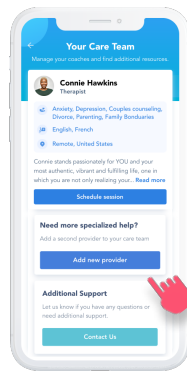
1. Select the **Chat** icon.



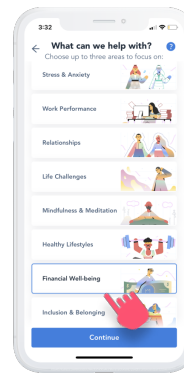
2. Select **Care Team**.



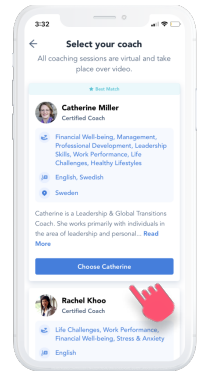
3. Select **Add new provider**.



4. Select **Financial Well-being**.



5. Choose your coach!



Modern Health is your free mental health benefit.

Download the Modern Health app to match with a care professional who's right for your needs, and access 100+ courses and meditations.



help@modernhealth.com