

## MENTAL HEALTH RESOURCES

At Zions Bancorporation, we offer a comprehensive benefits package that includes several resources to support mental health.

### MODERN HEALTH

Modern Health is a wellness benefit for you and your dependents giving you access to licensed mental health providers, while also reducing the hurdles to getting the care you need.

#### You Have Access To:

- Modern Health's [website](#) and mobile app (Android | iOS);
- 8 one-on-one sessions (annually) with certified mental health or professional well-being coaches;
- 8 one-on-one sessions (annually) with licensed clinical therapists;
- Unlimited group support sessions (called Circles);
- A library of guided meditations and self-paced digital courses; and
- Ongoing well-being assessments to check-in on your well-being over time.

#### Eligibility and Confidentiality

All full time (20+ hours) Zions employees and their dependents (regardless of whether they are covered under the Zions medical plan) are eligible for this free benefit. Additionally, the bank has no visibility to employees' responses or use of this benefit through Modern Health. Your information is HIPPA protected.

#### How to Register

Every employee should receive a direct welcome email from Modern Health. This email is customized for you and should not be shared. Follow the prompts within the email to "Start assessment."

Alternately, you may download the Modern Health app onto your mobile device or go to [my.modernhealth.com](http://my.modernhealth.com).

#### Sign up with:

- The first and last name you have on file with your employer
- Your work email
- Zions Bancorporation as your company name
- Your password of choice

Select "Register" on the web or "Agree & Join" on the mobile app to complete registration.

**Note:** Employees must register using their primary work email (as displayed in the corporate directory). After your initial registration, you may update your account settings with your preferred email address.

Upon registering, you will be prompted to take a simple assessment to help Modern Health learn about your needs. Based on your responses, Modern Health will put together a personalized plan to help you achieve your goals and build healthy habits.

## AETNA AND KAISER

Aetna and Kaiser offer various resources to help you achieve and maintain optimal mental and emotional health. Mental health services are subject to the deductible.

[AETNA FLYER](#)

[KAISER FLYER](#)

[MINDCHECK FLYER](#)

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## NATIONAL ALLIANCE ON MENTAL ILLNESS

The National Alliance on Mental Illness, the nation's largest grassroots mental health organization, is dedicated to building better lives for the millions of Americans affected by mental illness.

[HELPLINE](#)

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## CRISIS RESOURCES

In an emergency, access the [SUICIDE HOTLINE](#) at 800-273-TALK

[ANTI-BULLYING HOTLINE](#)

[DOMESTIC VIOLENCE HOTLINE](#)

[CHILD ABUSE HOTLINE](#)

[TREVOR PROJECT](#)

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## CRITICAL INCIDENT SUPPORT

Managers can leverage LifeWorks for support and on-site counseling following traumatic events and/or critical incidents.