

Work-Life Services

Available through Modern Health

In addition to Modern Health’s core one-on-one coaching, therapy, Pathways, 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.

How to access: There are 3 ways to access

- 1) Select “Explore your benefits” from the Modern Health home screen
- 2) Go to modernhealth.helpwheretheyouare.com and enter your company code: Autodesk
- 3) Directly call the 24/7 phone line for your region to speak to a counselor for support.

What are some areas that Work Life Service Professionals can help you with?

Area	Consultation and Research for:
Childcare	<ul style="list-style-type: none"> • Day Care Centers • Sick Child Care • Nanny Agencies • Lactation Support • Summer Camps • Adoption • Public and Private Schools • Tutors and much more
Eldercare	<ul style="list-style-type: none"> • Assisted Living Facilities • Nursing Homes • Adult Day Care Programs • Caregiver Support • Retirement Communities • Hospice and much more
Financial & Legal Support*	<ul style="list-style-type: none"> • Budgeting • Buying a home • Managing credit • Saving for a life event • Identifying attorneys
Education Support	<ul style="list-style-type: none"> • Preschools • Public and Private Schools • Tutors • Colleges and Universities • Technical Schools • Continuing Education • Adult Education Classes and much more
Convenience Services**	<ul style="list-style-type: none"> • Pet Sitters • Moving Support • Travel Information • Cleaners • Plumbers and much more



* Please be advised all assistance provided is meant to be informational and not a referral or recommendation. It is the employee’s responsibility to pay for any services provided by the included information, and fees may vary based on the services provided.

** Services may vary by country



Modern Health is your mental wellness benefit.

Access to personalized resources to help you be the best version of yourself — at home, at work, and in your relationships. To access Modern Health, scan this QR to get started or visit [Modern Health](https://modernhealth.helpwheretheyouare.com).

To access EAP services directly, go to modernhealth.helpwheretheyouare.com and enter your company code: Autodesk

