

# We've got a health coach just for you!

As a Moda Health member, you have access to a valuable, personalized benefit to help you manage and improve your health. The Moda Health Coaching Program is available at no cost to eligible members as a part of your benefits!

You can work one-on-one, confidentially, with a health coach to:

- Set sustainable health goals and move toward them in ways that work best for you
- Better understand your health and how to advocate for yourself
- Manage ongoing health issues like diabetes
- Make healthy changes to manage diet, exercise, stress and more

Health coaching takes place by phone, which makes it easy to connect from just about anywhere.

## Get started!

Let us know how and when to contact you by completing a short survey at [modahealth.com/hc](https://modahealth.com/hc) or by scanning the QR code below with your smart phone. Then, a health coach will reach out to discuss next steps.

## Questions?

Please call 800-913-4957 Monday through Friday from 8:00 a.m. to 4:00 p.m. Pacific time, or email [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com).

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