



A Deeper Dive for OEBC Administrators (2025-26 PY)





Medical and pharmacy

2025-26 OEBB Medical plan changes

- The individual deductible increased by \$300 for all medical plans.
- The individual out-of-pocket maximum (OOPM) for all medical plans increased by \$900.
- The family deductibles and family OOPMs is 2x the individual deductibles and OOP maximums instead of 3x for all plans except for Medical Plans 6 and 7.
 - They are already 2x the individual deductible and OOP maximum.
- The following copays of medical plans 1-5 increased by \$5 dollars:
 - PCP 360 (Primary Care) office visits
 - Primary care office visits with a provider other than your chosen PCP 360
 - Specialist office visits
 - Mental Health office visits and chemical dependency services
 - Alternative care office visits
 - Virtual Care (other providers primary care only – does not apply to CirrusMD)
 - Urgent Care
 - Incentive Care office visits (for asthma, heart conditions, cholesterol, high blood pressure, diabetes)

Medical plan overview

The deductibles, out-of-pocket maximums and copays increased for the 2025-26 plan year.

| Medical plan | Individual Deductible | | Family Deductible | | Individual Out-of-Pocket | | Family Out of Pocket | | Primary care and Mental Health/SUPD | | Specialist care/Urgent Care | | Alternative Care | |
|-------------------------------------|-----------------------|-----------------|-------------------|-----------------|--------------------------|-----------------|----------------------|-----------------|-------------------------------------|-----------------|-----------------------------|-----------------|-------------------|-----------------|
| | Coordinated | Non-coordinated | Coordinated | Non-Coordinated | Coordinated | Non-coordinated | Coordinated | Non-Coordinated | Coordinated | Non-coordinated | Coordinated | Non-coordinated | Coordinated | Non-coordinated |
| Plan 1 ² | \$700 | \$800 | \$1,600 | | \$3,750 | \$4,150 | \$8,300 | | \$25 ¹ | 20% | \$45 ¹ | 20% | \$45 ¹ | 20% |
| Plan 2 ² | \$1,100 | \$1,200 | \$2,400 | | \$4,750 | \$5,150 | \$10,300 | | \$25 ¹ | 20% | \$45 ¹ | 20% | \$45 ¹ | 20% |
| Plan 3 ² | \$1,500 | \$1,600 | \$3,200 | | \$5,750 | \$6,150 | \$12,300 | | \$30 ¹ | 25% | \$55 ¹ | 25% | \$55 ¹ | 25% |
| Plan 4 ² | \$1,900 | \$2,000 | \$4,000 | | \$7,600 | \$8,000 | \$16,000 | | \$30 ¹ | 25% | \$55 ¹ | 25% | \$55 ¹ | 25% |
| Plan 5 ² | \$2,300 | \$2,400 | \$4,800 | | \$7,700 | \$8,100 | \$16,200 | | \$35 ¹ | 25% | \$55 ¹ | 25% | \$55 ¹ | 25% |
| Plan 6 ² HSA optional | \$1,900 | \$2,000 | \$4,000 | | \$7,300 | \$7,650 | \$15,300 | | 15% | 20% | 15% | 20% | 15% | 20% |
| Plan 7 ² HSA optional | \$2,300 | \$2,400 | \$4,800 | | \$7,400 | \$7,650 | \$15,300 | | 20% | 25% | 20% | 25% | 20% | 25% |

High Deductible Health Plans overview (Plans 6 & 7)



High Deductible Health Plans (HDHPs) can be paired with a Health Savings Account (HSA)



Preventive services are covered in full; all other services are subject to the deductible and coinsurance



Pharmacy expenses are also subject to the deductible and coinsurance, with the exception of Value-Tier drugs



The family deductible applies when more than one person is enrolled on the plan. There is no individual deductible on a family plan.

Pharmacy benefits

| | Medical Plans 1-5 | Medical Plans 6-7 | |
|------------------------|---|---------------------------------------|------------------------|
| Out-of-pocket maximum | Accrues towards out-of-pocket maximum | Accrues towards out-of-pocket maximum | |
| | | Coordinated Care | Non-Coordinated Care |
| Value | \$4 per 31-day supply | \$4* per 31-day supply | \$4* per 31-day supply |
| Select generic | \$12 per 31-day supply | 20% | 25% |
| Preferred brand | 25% up to \$75 per 31-day supply | 20% | 25% |
| Non-preferred brand ** | 50% up to \$175 per 31-day supply | 20% | 25% |
| Mail | | | |
| Value | \$8 per 90-day supply | \$8* per 90-day supply | \$8* per 90-day supply |
| Select generic | \$24 per 90-day supply | 20% | 25% |
| Preferred brand | 25% up to \$150 per 90-day supply | 20% | 25% |
| Non-preferred brand ** | 50% up to \$450 per 90-day supply | 20% | 25% |
| Specialty*** | | | |
| Generic | \$12 per 31-day supply or \$36 dollars when allowed 90-day supply | 20% | 25% |
| Preferred brand | 25% up to 200\$ per 31-day supply | 20% | 25% |
| Non-preferred brand ** | 50% up to \$500 per 31-day supply | 20% | 25% |

* Deductible waived

** A formulary exception must be approved for non-preferred brand prescription medication

***Allows 90-day fills for select specialty medications (2 times the copay)

Coordinated care – PCP 360 and better benefits



- You have the option to participate in coordinated care or non-coordinated care.
- To participate in coordinated care, you must choose and use a PCP 360 for primary care services.
- A PCP 360 is a primary care provider who is part of a facility that has been certified by the Oregon Patient-Centered Primary Care program or other similar programs.
 - This means that a PCP 360 has met certain quality standards
- Each covered family member can choose whether to participate in coordinated care and choose their own PCP 360.



Coordinated care: PCP 360 and better benefits

When you sign up for a PCP 360 you pay less
for your appointments and get coordinated care

*You must choose a PCP 360 in your Member Dashboard and
use the selected PCP 360 to receive the better benefits*



A **lower** individual
deductible



A **lower** individual
out-of-pocket
maximum



Lower copayments
for office visits,
specialist visits and
alternative care visits



**A PCP who is
responsible** for
making sure you get
all the care you need


How to find a PCP 360

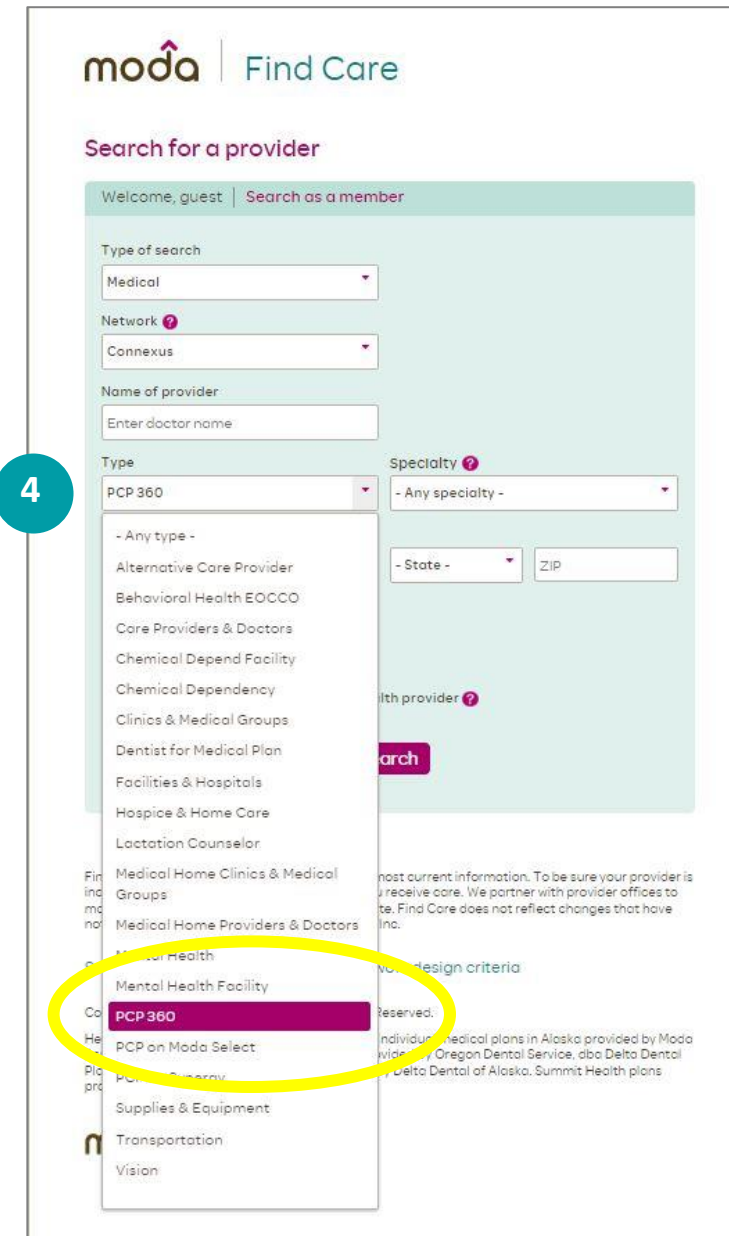
- 1 To find a PCP 360, visit modahealth.com/OEBB
- 2 Click the Find Care link on the left side of the page.
- 3 Use the Search by network option to select the Connexus Network.

The screenshot displays the modahealth.com/OEBB website. A yellow circle highlights the 'Find Care' link in the left sidebar, labeled with a '2'. Another yellow circle highlights the 'Search by network' option in the 'Find Care' modal, labeled with a '3'. The modal also shows a 'Search as a member' option with an ID number field and a 'Remember me' checkbox. The main content area features a banner for OEBB members, a '2021-22 Pharmacy updates' section, and a 'Moda 360 - your own enhance member support team' section.

How to find a PCP 360 (Cont.)

4 Then, click PCP 360 from the 'Type' drop-down menu and look for a PCP 360.

5 You will know a provider is a PCP 360 if you see the “” graphic under their phone number.



moda Find Care

Search for a provider

Welcome, guest | Search as a member

Type of search
Medical

Network
Connexus

Name of provider
Enter doctor name

Type
PCP 360

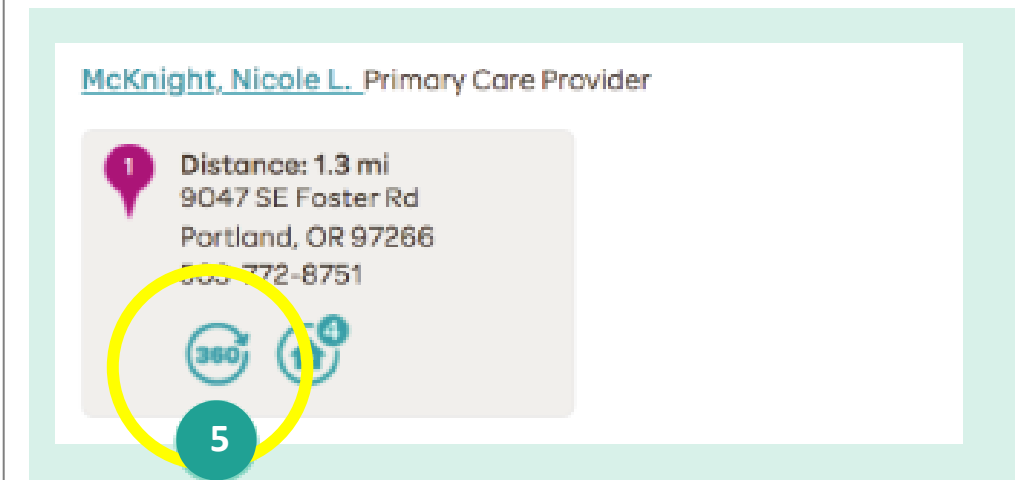
Specialty
- Any specialty -

State
- State -

ZIP

Search

PCP 360



[McKnight, Nicole L.](#) Primary Care Provider

Distance: 1.3 mi
9047 SE Foster Rd
Portland, OR 97266
503-772-8751

PCP 360

How to choose a Moda Health PCP 360



Call a Moda 360 Health Navigator at
866-923-0409 or email them at
oebbquestions@modahealth.com



Log in to your Member
Dashboard to select a PCP 360
or instantly chat with a
Moda 360 Health Navigator

How to select a PCP 360 in Member Dashboard

The screenshot displays the 'PCP 360' section of a member dashboard. On the left, a table lists members and their assigned PCP 360s. To the right, a search interface allows users to select a PCP 360 for a specific member, with a list of three in-network options.

PCP 360
PCP 360 is your first point of contact for health issues.

| Member | PCP 360 |
|--------------------|--------------------|
| Mark [redacted] | Yetter, Michael E. |
| Lillian [redacted] | Atwood, Ashley L. |
| Oz [redacted] | Yetter, Michael E. |

[View or select the PCP 360 where you and members on your plan access primary care.](#)

PCP 360 for: Mark [redacted]

☒ PCP 360 only ⓘ

Primary care
OHSU

[Search](#)

<< 1 >>

3 results found

PCP 360 ⓘ
OHSU Family Medicine Clinics
✓ In-network
[Select PCP 360](#)

PCP 360 ⓘ
OHSU Richmond Health Center
✓ In-network
[Select PCP 360](#)

PCP 360 ⓘ
Teladoc Health Medical Group PA
✓ In-network
[Select PCP 360](#)

How to select a PCP 360 in Member Dashboard (Cont.)

Select PCP 360

For: Mark Janke

PCP 360

OHSU Family Medicine Clinics,

✓ In-network

The PCP 360 start date will be:

☐ 02/01/2025

☐ 03/01/2025

☐ 04/01/2025

A confirmation email will be sent to:

[✎ Change email address](#)

✓ Confirm PCP 360 selection

Cancel

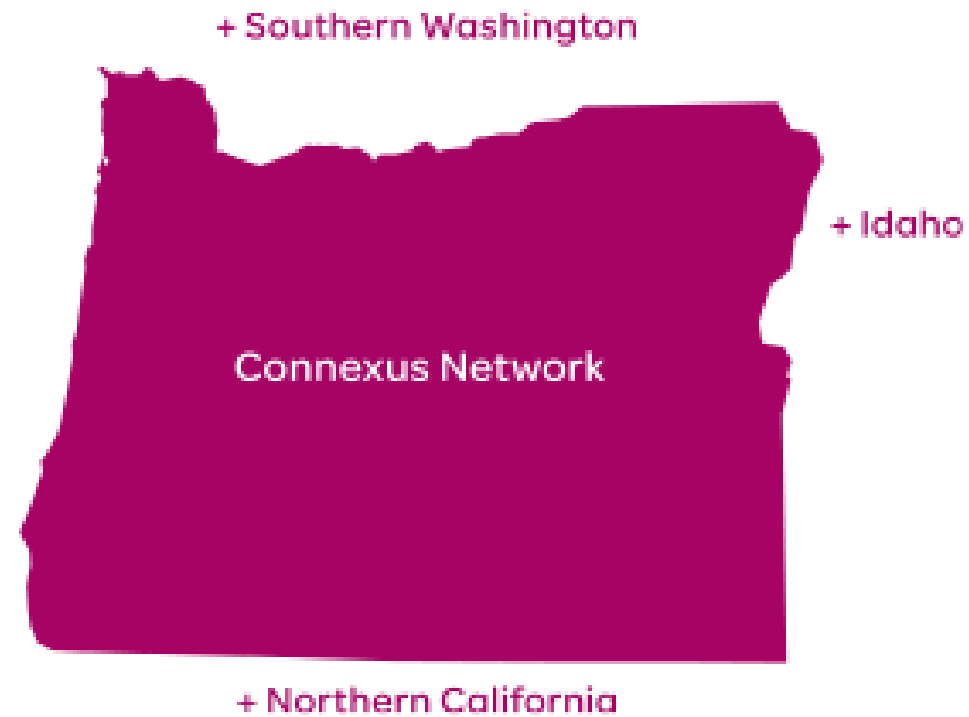
2025-26 OEBB Medical plan changes

- Breast Exams
 - Currently today, diagnostic breast exams are covered at 100% with the deductible waived for medical plans 1-5. Members on the HDHPs (medical plans 6 and 7) are subject to their deductible before the no cost sharing applies.
 - Effective 10/1/25, OEBB is waiving the deductible on the HDHPs to cover breast exams at 100%.
- Evicore's Site of Care (SOC) program
 - OEBB is adding eviCore SOC program for musculoskeletal (MSK) and advanced imaging.
 - The SOC program will ensure members and providers are selecting clinically and economically appropriate places to deliver care.



Network Overview

Network – Connexus



Connexus network changes

- Members who live in Moda's service area (Oregon, SW Washington, and Idaho) currently have access to the national Aetna PPO as their travel network for urgent and emergent care.
- Effective 10/1/25, OEBC members living in Oregon, SW Washington and Idaho) will have access to the national Aetna PPO network for care beyond urgent and emergent care.

Members who live outside the service area

| College students | Other members |
|---|--|
| <p>Dependents who live part-time outside of the Connexus Network service area (like college students) can still choose a PCP 360 for coordinated care and receive the better benefits.</p> <ul style="list-style-type: none">• The employee must update the dependent's address in myOEBB system.• Dependents living outside of the Connexus service area will utilize Moda's National network, Aetna PPO® network for in-network benefits away from home, except members living in Alaska and Idaho.• NEW! Currently today, members living in Idaho have access to our Connexus network and First Health network. Starting 10/1/25, OEBB members living in Idaho will no longer have access to First Health providers.• Members currently seeing a First Health provider will receive a letter communication.• No changes for members living in Alaska – members in Alaska will also continue to utilize the First Health network. | <p>Members who live full-time outside of the Connexus Network service area are eligible to participate in coordinated care through Teladoc's Primary Care Program.*</p> <p>Members also have access to Moda's National network, Aetna PPO®, except for members living in Alaska.</p> <p>Members in Idaho will continue to use the Connexus network. Members in Alaska will continue to utilize the First Health network.</p> <p>Members can find an in-network provider by using Moda's online provider directory, Find Care at www.modahealth.com/findcare.</p> |

* Members will need to choose and use Teladoc as their PCP 360 for primary care services to receive the better benefits.

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Garner



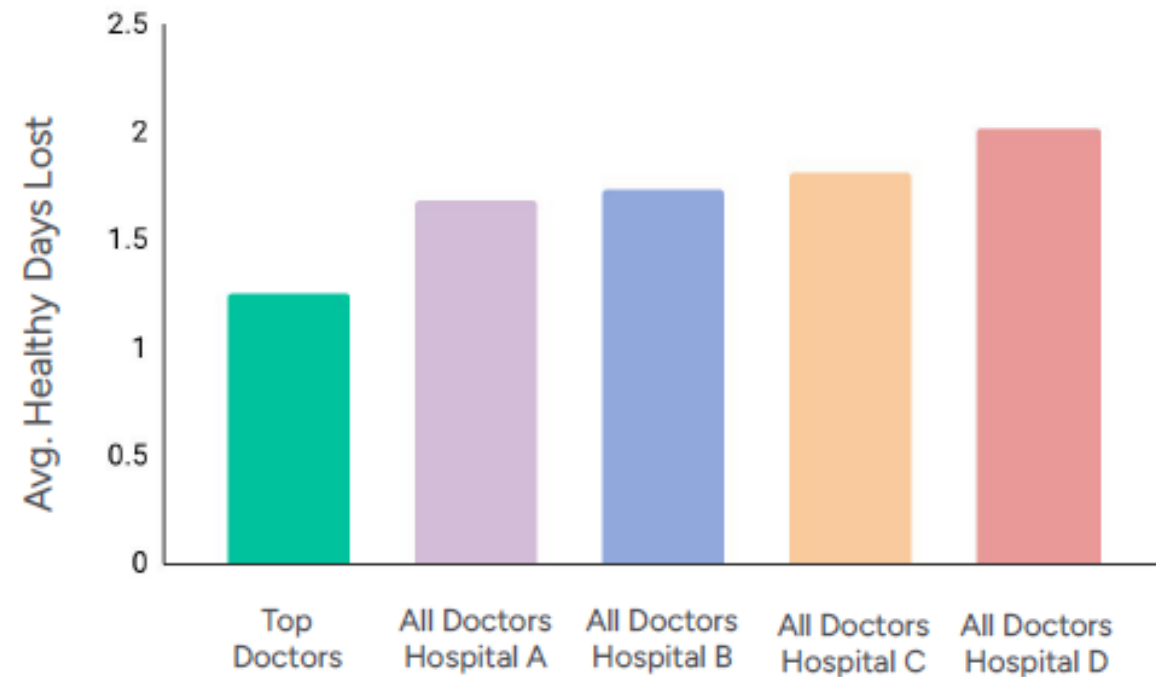
Introducing Garner

OEBB is adding Garner 10/1/2025

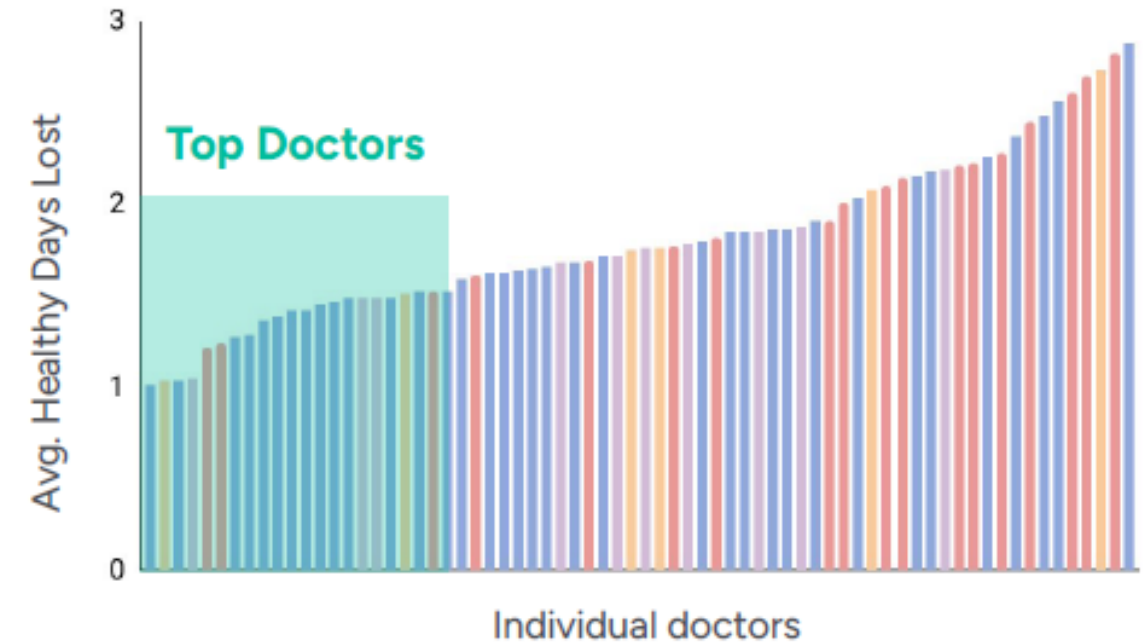
- Garner is a benefit that helps qualifying members find the best doctors and reimburses for out-of-pocket medical costs when they visit these doctors.
- Garner analyzes millions of insurance claims to identify the best doctors based on real patient outcomes. These doctors follow medical best practices and keep people healthier.

The doctor you choose has a big impact on your health

Hospitals and Top Doctors



Individual Doctors

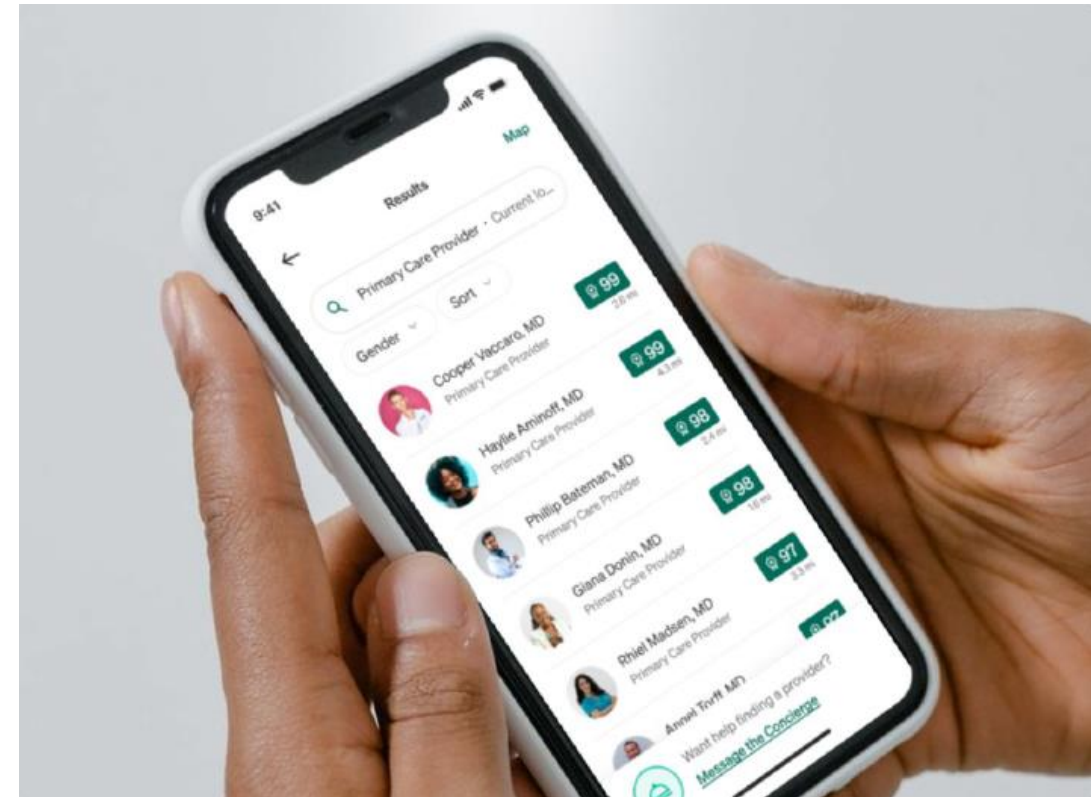


How Garner identifies Top Providers

Doctors cannot pay to influence Garner.

Garner identifies Top Providers who:

1. Follow current medical research
2. Successfully diagnose problems
3. Achieve the patient outcomes
4. Receive the highest patient satisfaction rates



Garner will reimburse members for using high-quality providers

- Office Visits
- Imaging
- Lab Work
- Procedures
- Prescriptions

\$700 for Individuals

\$1,400 for Families

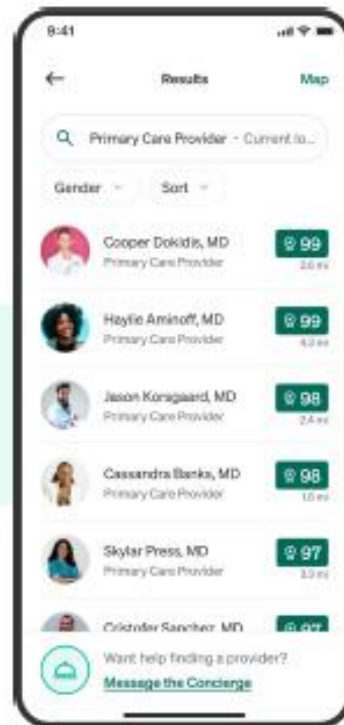
Low utilizer – Garner incentives

| | | Moda Plan 1 | | | | Moda Plan 1 | | | |
|---|--------------|---------------------------------|-------------------|---------------------------------|-------------------|-------------------------------------|-----------------|-------------------------------------|-----------------|
| Single Coverage / Low Utilizer / Full-time Employee | | | | | | | | | |
| Type of Care | Total Cost | 2024-25 Moda Plan 1 (CCM) | Notes | 2025-26 Moda Plan 1 (CCM) | Notes | 2024-25 Moda Plan 1 (Non-CCM) | Notes | 2025-26 Moda Plan 1 (Non-CCM) | Notes |
| Annual Women's Exam | \$350 | \$0 | Covered at 100% | \$0 | Covered at 100% | \$0 | Covered at 100% | \$0 | Covered at 100% |
| PCP Office Visit (non-wellness) | \$225 | \$20 | Deductible waived | \$25 | Deductible waived | \$225 | (deductible) | \$225 | (deductible) |
| Antibiotic (generic) | \$30 | \$12 | Select Generic | \$12 | Select Generic | \$12 | Select Generic | \$12 | Select Generic |
| Total Medical Out-of-Pocket | \$605 | | | | | | | | |
| Employee Medical Out-of-Pocket | | \$32 | (out-of-pocket) | \$37 | (out-of-pocket) | \$237 | (out-of-pocket) | \$237 | (out-of-pocket) |
| Garner Incentive Reimbursement | | N/A | | \$37 | | N/A | | \$237 | |
| Total Employee Medical Out-of-Pocket Spend | | \$32 | | \$0 | | \$237 | | \$0 | |
| Garner Incentive Balance | \$700 | N/A | | \$663 | | | | \$463 | |

High utilizer – Garner incentives

| Single Coverage / High Utilizer / Full-time Employee | | | | | | | | | |
|--|-----------------|---------------------------------|---|---------------------------------|--|-------------------------------------|--|-------------------------------------|--|
| Type of Care | Total Cost | 2024-25 Moda Plan 1 (CCM) | Notes | 2025-26 Moda Plan 1 (CCM) | Notes | 2024-25 Moda Plan 1 (Non-CCM) | Notes | 2025-26 Moda Plan 1 (Non-CCM) | Notes |
| 6 Specialist Visits (\$300 each) | \$1,800 | \$240 | (\$40 copay x 6) Deductible waived | \$270 | \$45 copay x 6 Deductible waived | \$680 | \$400 deductible + 20% coinsurance | \$920 | \$700 deductible + 20% coinsurance |
| 4 PCP Office Visits (\$225) | \$900 | \$80 | (\$20 copay x 4) Deductible waived | \$100 | \$25 copay x 4 Deductible waived | \$180 | (\$225 x 20% coinsurance) x 4 | \$180 | (\$225 x 20% coinsurance) x 4 |
| 5 Labs and X-rays | \$1,600 | \$640 | \$1600-\$400 (deductible) = \$1200 x 20% coinsurance | \$880 | \$1600-\$700 (deductible) = \$900 x 20% coinsurance | \$320 | \$320 x 20% coinsurance x 5 | \$320 | \$320 x 20% coinsurance x 5 |
| MRI | \$2,200 | \$520 | (\$100 copay + 20% coinsurance) | \$520 | (\$100 copay + 20% coinsurance) | \$520 | (\$100 copay + 20% coinsurance) | \$520 | (\$100 copay + 20% coinsurance) |
| 2-Day Hospital Stay | \$6,000 | \$1,200 | 20% coinsurance | \$1,200 | 20% coinsurance | \$1,200 | 20% coinsurance | \$1,200 | 20% coinsurance |
| Prescription: 12 preferred brand at \$100/mo 2 generic prescriptions | \$1,248 | \$170 | \$100 x 25% coinsurance ; \$12 copay for generic x 2; minus \$154 (hit OOPM) | \$324 | \$100 x 25% coinsurance; \$12 copay for generic x 2 | \$50 | \$100 x 25% coinsurance; \$12 copay for generic x 2; minus \$274 (hit OOP maximum) | \$324 | \$100 x 25% coinsurance; \$12 copay for generic x 2 |
| Total Medical Out-of-Pocket | \$13,748 | | | | | | | | |
| Employee Medical Out-of-Pocket | | \$2,850 | (out-of-pocket met) | \$3,294 | (Out-Of-Pocket) | \$2,950 | (out-of-pocket met) | \$3,464 | (Out-Of-Pocket) |
| Garner Incentive Reimbursement | | N/A | | \$700 | | N/A | | \$700 | |
| Total Employee Medical Out-of-Pocket Spend | | \$2,850 | | \$2,594 | | \$2,950 | | \$2,764 | |
| Garner Incentive Balance | \$700 | N/A | | \$0 | | N/A | | \$0 | |

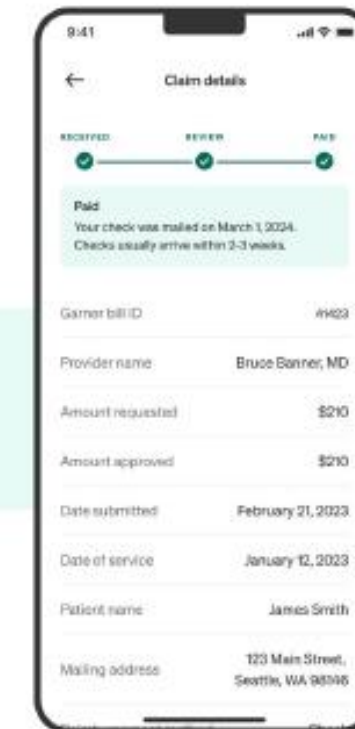
How to use Garner



1.
Find a Top Provider



2.
Visit a Top Provider



3.
Get Reimbursed

Creating a Garner Account

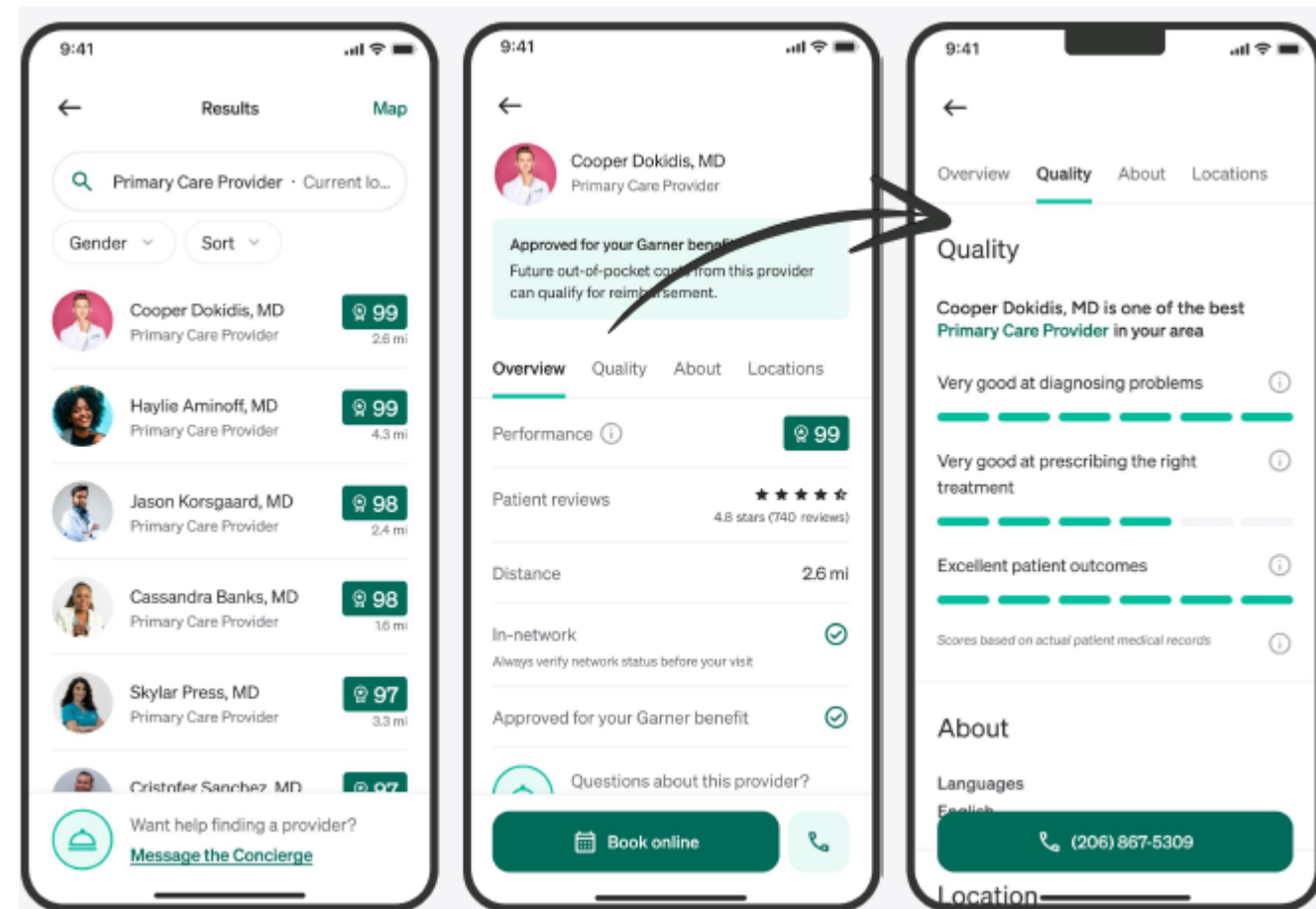
REMEMBER: Members must create their Garner account and find a Top Provider before their appointment to get reimbursed.

- When prompted, members will select OEGB.
- Members will enter their name as it appears on their Moda ID card.
- Members can start creating their account during open enrollment.
 - They can start searching for their providers at this time. These searches will count toward any services they incur after 10/1/2025.

Find Garner Top Providers

Members can find nearby providers based on symptoms, name, or the type of care needed

Providers with a Top Provider badge are eligible for reimbursement. Viewing Top provider badge will automatically add them to the member's approved providers list.



Garner Concierge: Live chat for support

Garner's Concierge team can help members with:

- Understanding the benefit
- Explain the reimbursement process
- Find Top Providers

Members can reach the concierge team:

- Through the app or web page
- Email
- Phone

Member dashboard (Effective 10/1/25)

- Members will be able to access Garner through the member dashboard with Single Sign On.
- Members can also download the app on their phone and access Garner directly.





Moda Health Website for OEBB members

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modahealth.com/oebb

Want to know what is covered? Click on the “Plan Materials” to look at the OEBB Brochure and/or watch on-demand Moda medical, dental and vision plan webinars.

Choosing your PCP 360? You’ll need to log in to your Member Dashboard and look for the PCP tab

The screenshot shows the modahealth.com/oebb website. The left sidebar contains a menu with the following items: OEBB members, Entity Resources, Plan materials (highlighted with a blue arrow), Coordinated Care, Moda 360, Behavioral Health 360, Birth Doulas, LGBTQIA+ support, Dental, Additional Cost Tier, Reference Price Program, Pharmacy services, Diabetes prevention program, Wellness resources, and FAQs. The main content area features a 'Welcome, OEBB members' banner with a 'Log in to Member Dashboard' button and a 'See 2024-25 plan information' button. Below this is a section titled 'Need mental health support? You've got options!' with a description of behavioral and mental health resources and a 'Log into your Member Dashboard to get started' button. At the bottom, there is a section titled 'Unleash the power of your Member Dashboard' with a description of the Moda 360 program and a list of benefits: Live chat with your Health Navigators, Timely personalized care reminders, and Specialized programs matched just for you. A blue arrow points to the 'Member Dashboard' section in the sidebar, which includes a 'Log in' button and a 'Create an account' link.

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moda 360

Moda 360 – Health Navigators




- Moda 360 Health Navigators can help you with:

- Assistance with appointment scheduling
- Connecting members with care programs
- Assistance with prior authorizations
- Selecting a PCP 360
- Claims and provider billing support
- Closing gaps in care









Member Dashboard



Connect to care —
wherever you are

To access these programs, log in to
your Member Dashboard account
on your computer or scan the
QR code to download the Moda 360
app on your smartphone.



Or visit modahealth.com/memberdashboard.com



How to setup your Member Dashboard account

Log in to the Member Dashboard

Username

Password

[Create an account](#)

Forgot [username](#) or [password](#)?



Create new account

Step 2: Enter your ID card information

● — ● — ● — ● — ●

Please use the information from your Member ID card to register.

Subscriber ID

First name

Last name

Date of birth

Member Dashboard Homepage

Mark, welcome to your Member Dashboard

Member ID: [REDACTED]

Powered by moda 360

PCP 360

PCP 360 is your first point of contact for health issues.

Member


[REDACTED]

PCP 360

Yetter, Michael E.

Atwood, Ashley L.

Yetter, Michael E.




[View or select the PCP 360 where you and members on your plan access primary care.](#)

Powered by moda 360

Moda 360 programs

Personalized recommended programs for you:

- [Mental health support with Spring Health](#)
- [Mobile therapy with Meru Health](#)
- [Comprehensive Coordinated Care \(C3\)](#)



[View all your Moda 360 programs >](#)

Benefits

Medical deductible

\$0.00

remaining

Medical out-of-pocket maximum

\$2449.25

remaining

Deductibles and maximums reflect in-network remaining amounts based on claims already processed.

Medical

Dental

Pharmacy

Programs

Resources

Member information

Mark [REDACTED]

Subscriber ID

[REDACTED]

Group number

[REDACTED]


Insurance type

Preferred Provider Organization

Group name

[REDACTED]

[View member ID cards](#)

moda
HEALTH

Moda 360 Personalized Programs

Moda 360 Programs

Filters

Program Status


Eligible

Category

All


Apply

Clear filters




Mental health support with Spring Health

Spring Health provides counseling, psychiatry, and more via phone, tablet or computer. To find out more, reach out to o...



Mobile therapy with Meru Health

Meru Health provides effective treatment for stress and depression via your smart phone.



Comprehensive Coordinated Care (C3)

Your PCP 360 visits and in-network mental health visits are covered when you enroll.

Get extra dental benefits

Health through Oral Wellness offers more dental care if you are at higher risk of oral disease.

Text a doctor with CirrusMD

Never be without a doctor. Text a medical doctor about non-emergency health concerns 24/7.

Weight management with WeightWatchers

Get coaching support and resources for nutrition and making lifestyle changes to reach your weight goals.

Hearing aid discounts with TruHearing

Connect better with others with a routine hearing aid exam and discounts on hearing aids.

Case management


Navigate the healthcare system with our

Moda 360 Programs



Mental health support with Spring Health

Through our partnership with Spring Health, we make sure you and your covered family members have the mental health care and support you need and deserve. With Spring Health, you can access a range of telehealth services, including mental health therapy, psychiatry, care navigation and digital cognitive behavioral therapy, from your phone, tablet or computer. A diverse network of passionate therapist and physicians are ready to help you feel your very best. To find out more, reach out to our Behavioral Health Champions at 833-212-5027 or email them at bhchampions@modahealth.com. In-person appointments may be limited or not available in some areas.

 [Learn more and enroll](#)

Call Spring Health: 855-629-0554



Moda 360 Programs

Moda 360 Programs

Filters

Program Status

Eligible ▼

Category

Fitness ▼

Apply

[Clear filters](#)

Discounted health and wellness products >

Choose Healthy helps you save money on select health and wellness products to live better every day.

Gym discounts with Active&Fit Direct >

Join a local gym for \$28/month and save up to 70% on exercise studio memberships.

Mighty Health >

Top rated weight loss program combining nutrition and exercise, with guidance from a coach.

Moda 360 Care Reminders

5


Powered by moda 360

Care Reminders

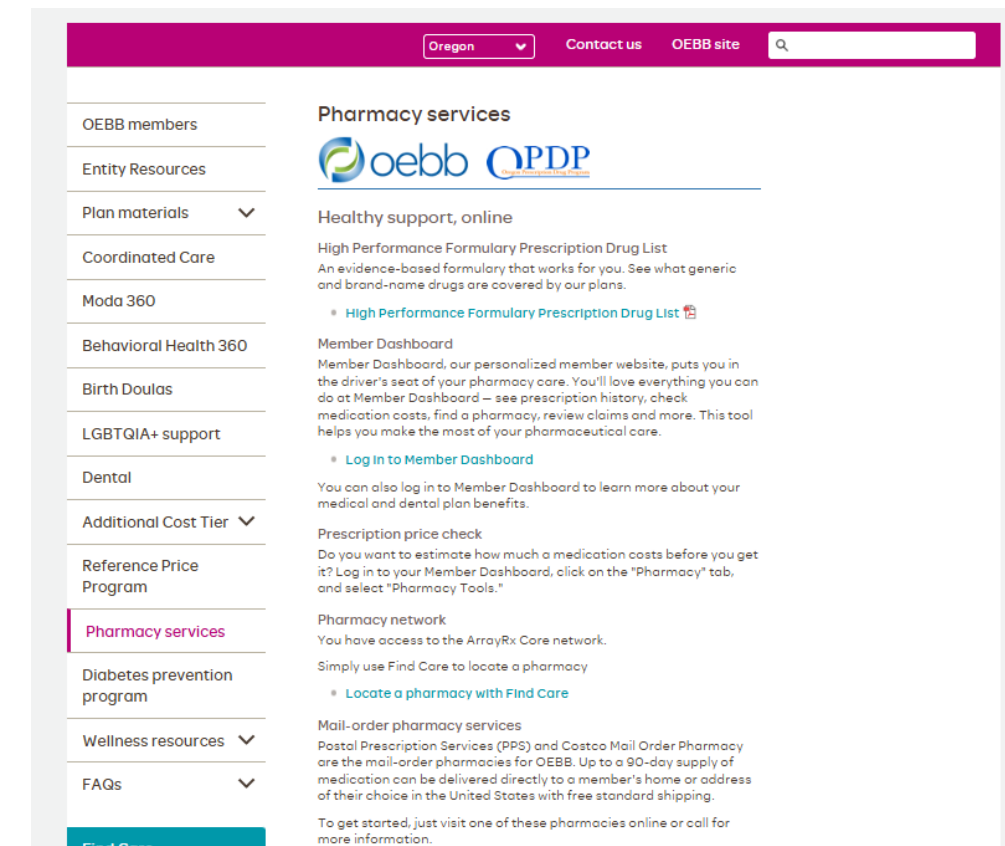
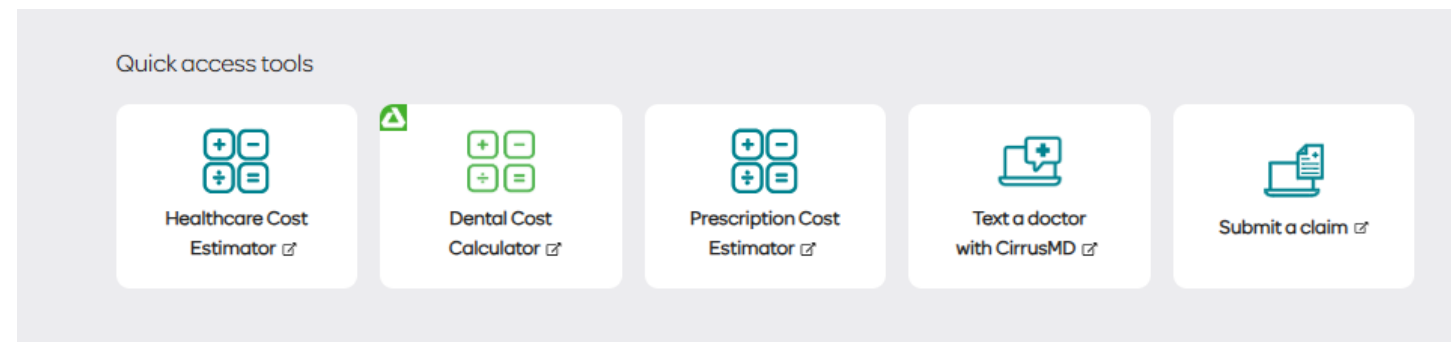
Annual Wellness Visits - High Risk

It looks like it's time for your yearly wellness visit! These regular checkups...

[View all Care Reminders >](#)

An illustration of a person in a teal shirt and yellow pants standing next to a large smartphone. The smartphone screen shows a female doctor with a stethoscope. There are speech bubbles above the person and the doctor, indicating a conversation.

Pharmacy Cost Estimator

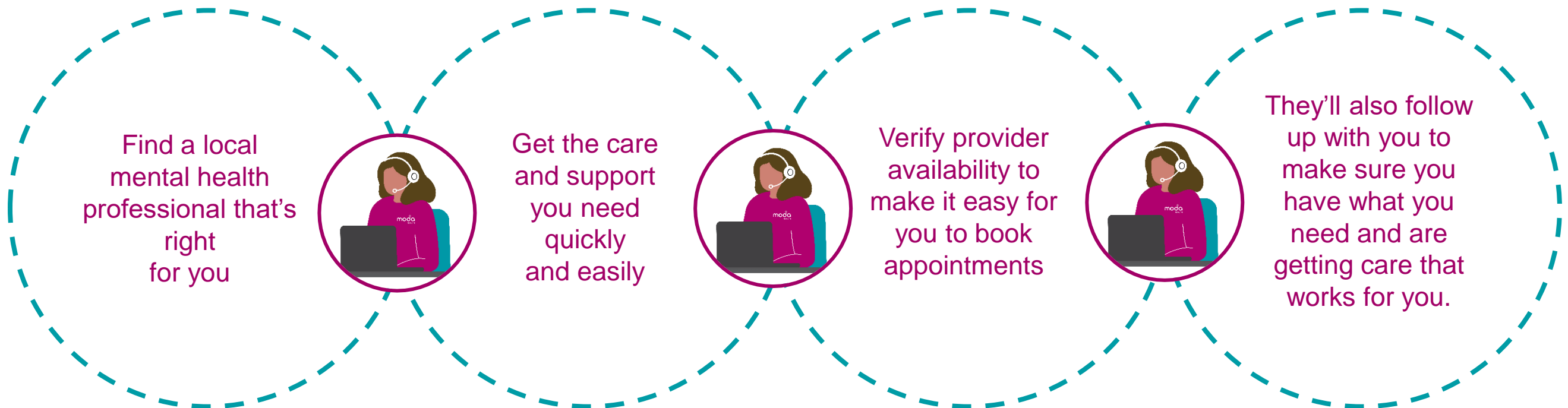


[Moda-NW-Consortium-OEBB-INF.pdf](#)

Behavioral Health 360

Behavioral Health 360 experience

Our Behavioral Health Champions and Self-Guided Assessment offer two ways to help members find care they need to feel their best. **Our Behavioral Health Champions can help members with:**



Call a Behavioral Health Champion at **833-212-5027** or email them at bhchampions@modahealth.com

Behavioral Health 360

The image displays two screenshots of the Moda Health website, illustrating the Behavioral Health 360 features. The first screenshot shows the 'Your Moda 360 features' section, highlighting the 'Behavioral Health 360' card with a yellow circle and the number 1. The second screenshot shows the 'Behavioral Health 360 Programs' section, highlighting the 'Self-Guided Assessment Tool' and 'Contact a Behavioral Health Champion' options with a yellow circle and the number 2.

Top Screenshot: Your Moda 360 features

Navigation: Home Find care ▾ Claims/EOBs ▾ Benefits ▾ Moda 360 ▾

moda HEALTH DELTA DENTAL

Your Moda 360 features

1 Behavioral Health 360

Powered by moda 360

Behavioral Health 360 puts you at the center with tailored mental health services and a Behavioral Health Champion who helps you find the provider that's right for you. Get quickly connected to the specialized care you and your family need for the healthy, happy life you deserve.

[View BH 360 Services >](#)

Care Reminders

Powered by moda 360

You're all caught up!

[View c...](#)

Bottom Screenshot: Behavioral Health 360 Programs

Navigation: Home Find care ▾ Claims/EOBs ▾ Benefits ▾ Moda 360 ▾

moda HEALTH DELTA DENTAL

moda 360 Healthcare can be complicated. That's why we created Moda 360 – your own enhanced member support team.

Moda 360 Programs Behavioral Health 360 Care Reminders Tell Us More...

Behavioral Health 360 Programs

Whole health includes behavioral and mental health. Explore the services available to you or contact your Behavioral Health Champion to find the care that's right for you and your family need.

Tailored Services for your mental and behavioral health

[Self-Guided Assessment Tool](#)

Use these self-guided assessment tools to help identify the most appropriate programs for you.

[Contact a Behavioral Health Champion](#)

Get one-on-one help identifying the most appropriate services for you and receive follow-ups to ensure the services are meeting your needs.

Behavioral Health 360

The image shows a screenshot of the Moda Health website's Decision Support Tool. At the top, the navigation bar includes the Moda Health logo, a Delta Dental logo, and links for Home, Find care, Claims/EOBs, Benefits, and Moda 360. The main content area displays the 'moda HEALTH Decision Support Tool' header. Below this, a message states: 'Thank you for taking the time to complete this Decision Support assessment. Our goal is to help you find the best recommendations for your specific concerns. If you are experiencing any difficulties, please answer the following questions to the best of your ability. If you believe you need additional support, we encourage you to contact a healthcare professional or reach out to Moda Health customer service for assistance.' A yellow circle with the number '3' highlights a 'Take Assessment' button. Below this, two assessment windows are shown. The first window, labeled with a yellow circle '4', is titled 'Self-Guided Assessment' and contains the text: 'Before we get started, we'd like to understand if there are more ways we can support you. Do any of these months? (please check all that apply)'. It lists several issues with checkboxes: 'None of these apply', 'Currently homeless or worried about losing housing in the future.', 'Worried that your food would run out before you got money to buy more.', 'Lack of reliable transportation kept you from medical appointments, meetings, work or from getting things needed for work or school.', 'Has anyone, including family and friends, threatened or physically hurt you?', 'If you have children, are you the only parent in the household.', 'Feel lonely or isolated from those around you?', 'Struggle to find or keep work or a job?', and 'Do you or anyone in your household have two or more jobs?'. The second window, labeled with a yellow circle '5', is also titled 'Self-Guided Assessment' and contains the text: 'Over the last two weeks, how often have you been bothered by the following problems?(check all that apply)'. It lists two problems with radio button options: '*2. Feeling nervous, anxious, or on edge' (Not at all, Several Days, More than half the days, Nearly every day) and '*3. Not being able to stop or control worrying' (Not at all, Several Days, More than half the days, Nearly every day). Both windows have 'Previous' and 'Next' buttons at the bottom.

moda HEALTH
Decision Support Tool

Thank you for taking the time to complete this Decision Support assessment. Our goal is to help you find the best recommendations for your specific concerns. If you are experiencing any difficulties, please answer the following questions to the best of your ability. If you believe you need additional support, we encourage you to contact a healthcare professional or reach out to Moda Health customer service for assistance.

3 Take Assessment

moda HEALTH
Self-Guided Assessment

Before we get started, we'd like to understand if there are more ways we can support you. Do any of these months? (please check all that apply)

- ☐ None of these apply
- ☐ Currently homeless or worried about losing housing in the future.
- ☐ Worried that your food would run out before you got money to buy more.
- ☐ Lack of reliable transportation kept you from medical appointments, meetings, work or from getting things needed for work or school.
- ☐ Has anyone, including family and friends, threatened or physically hurt you?
- ☐ If you have children, are you the only parent in the household.
- ☐ Feel lonely or isolated from those around you?
- ☐ Struggle to find or keep work or a job?
- ☐ Do you or anyone in your household have two or more jobs?

4

moda HEALTH
Self-Guided Assessment

Over the last two weeks, how often have you been bothered by the following problems?(check all that apply)

- *2. Feeling nervous, anxious, or on edge
 - ☐ Not at all
 - ☐ Several Days
 - ☐ More than half the days
 - ☐ Nearly every day
- *3. Not being able to stop or control worrying
 - ☐ Not at all
 - ☐ Several Days
 - ☐ More than half the days
 - ☐ Nearly every day

5

Previous Next

Previous Next

Behavioral Health 360 (cont.)

6

Your Self-Guided Assessment Results (Nov 14, 2024 - [REDACTED])

Based on your answers, these programs could be a great fit for you. You may also [retake the assessment](#) at anytime—for example, if your care needs have changed. Not what you're looking for? You can find in-network providers using [Find Care](#), or contact a [behavioral health champion](#) for help finding just the right provider for you.

Based on your answers, we have 2 programs that could be a great fit; otherwise, contact a Behavioral Champion, or browse all programs below.



[Addiction care with Hazelden Betty Ford](#)

Hazelden Betty Ford offers resources and care for substance use disorder. To find out more, reach out to our Behavioral Health Champions at 833-212-5027 or email them at bhchampions@modahealth.com.



[Mental health support with Spring Health](#)

Spring Health provides counseling, psychiatry, and more via phone, tablet or computer. To find out more, reach out to our Behavioral Health Champions at 833-212-5027 or email them at bhchampions@modahealth.com.



Get more help with Behavioral Health Guidance

[Contact a Behavioral Health Champion](#)

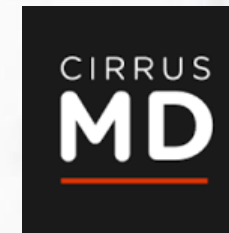
Get one-on-one help identifying the most appropriate services for you and receive follow-ups to ensure the services are meeting your needs.



Additional Programs

CirrusMD

- The CirrusMD app connects members with a doctor via text, 24/7 with no cost-sharing for members*
 - Members on a High Deductible Health Plan (Medical Plan 6 or 7) will be subject to the deductible with no member cost sharing after their deductible has been met.
- The app allows members to:
 - Ask urgent or general health questions
 - Message, share photos or video chat
- Provides convenience and flexibility, and is available in all 50 states
- Providers can also prescribe medications
- Can access through Member Dashboard or the CirrusMD website cirrusmd.com/modahealth



Moda's Pre-Diabetes Prevention Program (Pre-D)

- OEBC members have access to Moda's Pre-D program at no cost to the member.
- Members who engage in the Pre-D program can decrease their risk for chronic conditions such heart disease, stroke and developing Type II Diabetes.
- The initial session includes:
 - An assessment
 - Creation of personal program goals
 - Referral to a nutritionist at no cost to the member
 - Personalized health coaching
- Pre-D is a yearlong program that follows Centers for Disease Control curriculum.
- Members who are eligible to participate in this program will receive a FitBit to help them track their weight and exercise.
- Members can also learn more or take the survey here:
<https://www.modahealth.com/oebb/pre-d>



Call the Pre-D team at
833-212-5028 or email them at
predprogram@modahealth.com



- A digital physical therapy program designed to provide treatment for all musculoskeletal issues at no cost to OEBB medical members!



1
Your dedicated physical therapist designs an exercise program just for you.



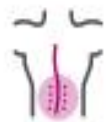
2
Sword will ship you a tablet + motion sensors to guide you and provide real-time feedback.



3
Complete your exercise sessions at home when it is convenient for you.



4
Your physical therapist is there to support you virtually and is available at any time.



Call the Sword team at
888-492-1860 or email them at
help@swordhealth.com

Members can also learn more or enroll here: <https://enroll.swordhealth.com/oebb>

Appendix





Social Determinants of Health (SDoH) Advocates

- Social Determinants of Health (SDoH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks
- Our SDoH advocates work with members to identify and mitigate social needs that may be barriers to the member's health by connecting members with community resources and organization that meet their needs.
- They can help members with:
 - Food
 - Housing
 - Clothing
 - Transportation
 - Utilities
 - And more
- Members can call the SDOH advocates at 833-960-8988 or email them at Sdoh@modahealth.com

Moda's Maternity Program – Growing Together

- As a Moda Health member, you have access to our comprehensive maternity support program, Growing Together, designed just for you.
- At no additional cost, you'll receive personalized guidance and resources to help you navigate pregnancy and early parenthood with confidence.
- Your personal pregnancy support team can assist you with:
 - One-on-one coaching sessions at times that work for you
 - Customized resources based on your pregnancy stage
 - Nutrition guidance and healthy recipes
 - Help creating your birth plan
 - Breastfeeding and postpartum support
 - Connections to local pregnancy and parenting resources





gabbi

- OEGB members can take a breast cancer risk assessment at no cost to them.
 - With Gabbi, members can access virtual cancer specialists and their risk in just two minutes.
- There is no cost to OEGB members for signing-up and completing Gabbi's Risk Assessment.
 - Virtual visits, in-person visits with a provider, and treatments are subject to standard cost sharing.
- To access Gabbi, log into your Member Dashboard or visit: www.gabbi.com/moda

How Gabbi works

- 1 Visit Gabbi.com/moda and take your risk assessment (in less than 2 minutes)
- 2 Your results will be sent to your email)
- 3 Schedule a same-day or next-day virtual appointment to go over your results with a breast health expert)
- 4 Gabbi can help you find in-network testing centers and get any necessary imaging within 14 days



Teladoc is a virtual primary care program designed to help you gain access to coordinated care and primary care providers in a virtual setting.

With Teladoc:

- You can schedule an appointment by using their app, desktop or phone.
- Prior to your first virtual appointment, Teladoc will provide you with a blood pressure cuff and a heart rate monitor.
- If labs or a specialist are required, the Teladoc provider will help coordinate these visits.

To access Teladoc, log into your Member Dashboard or visit: www.teladochealth.com.

- Members who select Teladoc as their PCP 360 will be able to participate in Coordinated Care and receive the better benefits.
- Teladoc's virtual primary care program is subject to the virtual visit cost share, while other treatments or services would be subject to the standard cost sharing.

Moda's Pre-Diabetes Prevention Program (Pre-D)

- OEBC members have access to Moda's Pre-D program at no cost to the member.
- Members who engage in the Pre-D program can decrease their risk for chronic conditions such heart disease, stroke and developing Type II Diabetes.
- The initial session includes:
 - An assessment
 - Creation of personal program goals
 - Referral to a nutritionist at no cost to the member
 - Personalized health coaching
- Pre-D is a yearlong program that follows Centers for Disease Control curriculum.
- Members who are eligible to participate in this program will receive a FitBit to help them track their weight and exercise.
- Members can also learn more or take the survey here:
<https://www.modahealth.com/oebb/pre-d>



Call the Pre-D team at
833-212-5028 or email them at
predprogram@modahealth.com

Virta – Diabetes Management Program

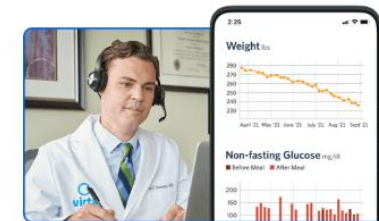
- Virta Health is a guided nutrition program to help members lose weight, lower their blood sugar and reduce their medication for those with Type 2 diabetes at no cost to the member.
- With Virta, members will receive:
 - One-on-one support from an expert health coach and clinician
 - Dedicated medical provider to safely reduce their medications
 - Exclusive nutrition resources and recipes for their lifestyle
 - Digital weight scale that syncs their phone to track progress
 - Connected meter to gain insight about their health.
- Members who are eligible to participate in the program will receive an invite or they log into their Member Dashboard or visit the website here: info.virtahealth.com/modaoebb-start.
- They can also Virta Health at 844-847-8216 for more information.



Daily health coach support



Starter kit and supplies
included



Ongoing medical monitoring

Livongo (now known as Teladoc) – Diabetes Management Program

- The program includes:
 - An advanced blood glucose meter that helps you track and monitor blood sugar levels digitally
 - Unlimited testing strips and lancets ordered directly from the glucose meter or through the app all delivered right to your front door
 - 24/7 real-time support for out-of-range readings
 - Alerts can be set up and sent to providers, family members and coaches (if member approves)
- This is an invitation only program – all eligible members who qualify receive an invite and the program is at no cost sharing to Moda members who do qualify
- Members can login to their Member Dashboard account to see if they are eligible or call the Health Navigator team.



Sprout at Work

Moda members can join an all-in-one digital wellness community designed to help build healthy habits. This easy-to-use app helps members stay motivated and participate in ways that align with their lifestyle.



Goals and Challenges



Device connection and activity tracking



Real time Health Risk Assessment (HRA)



Social Streams and communities



Events Calendar

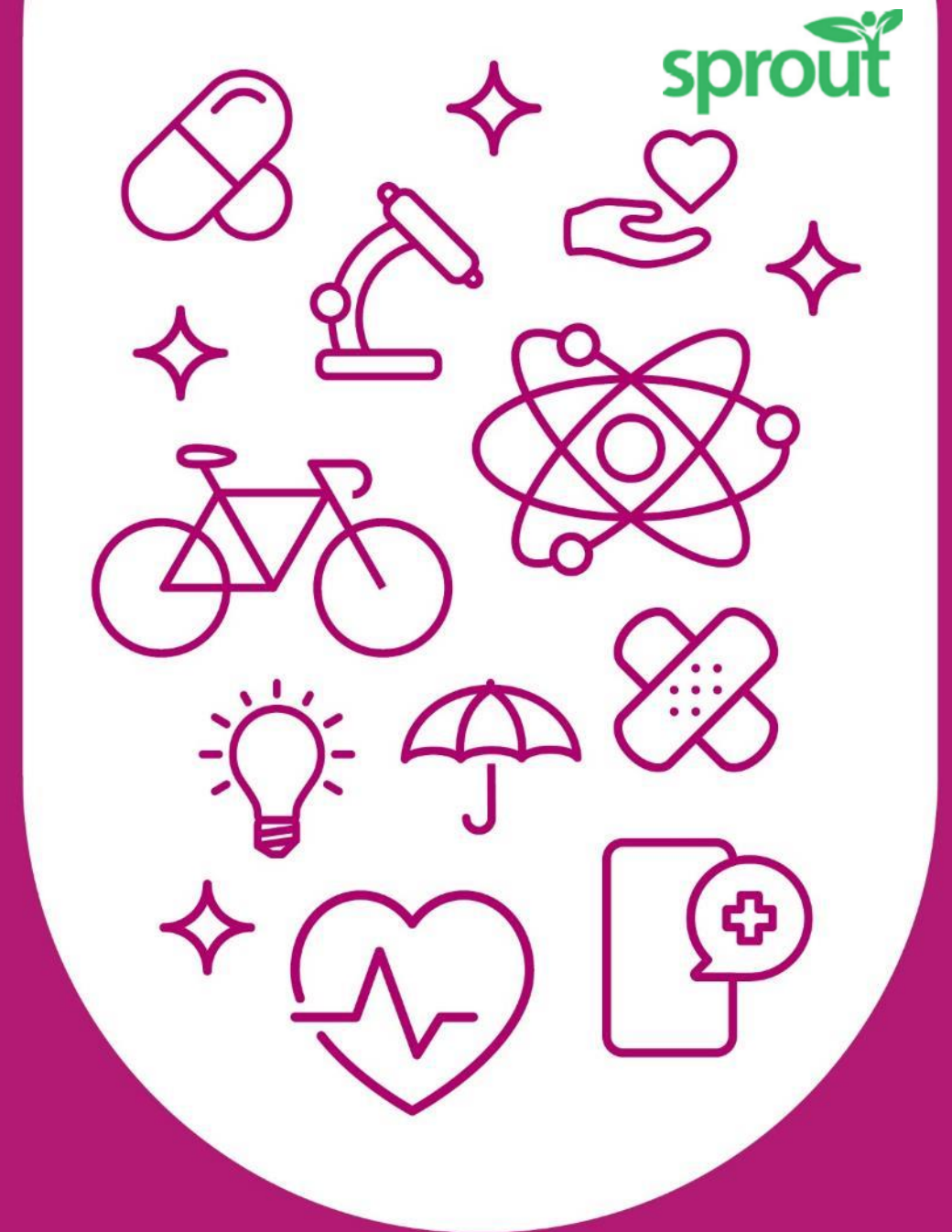


Curated content library



Members can enroll in Sprout through their [Moda Member Dashboard](#).

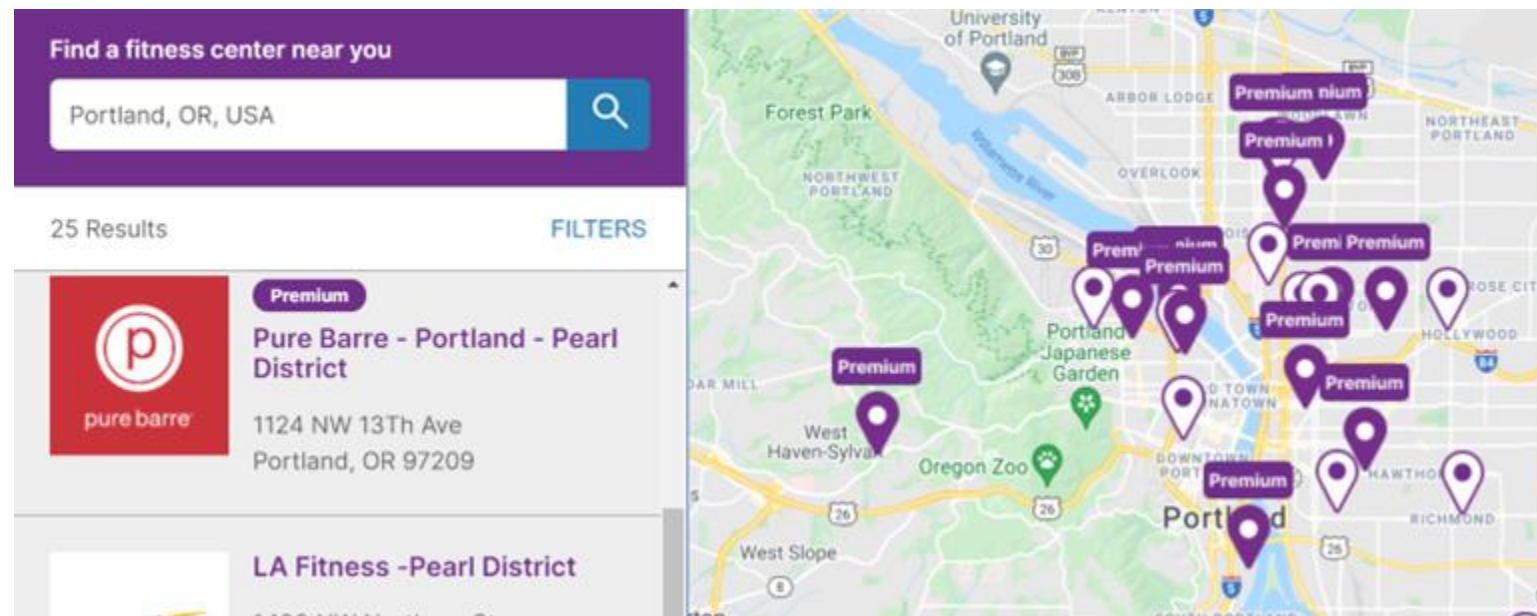
More information about Sprout can be found at <https://www.modahealth.com/oebb/members/sprout.shtml>

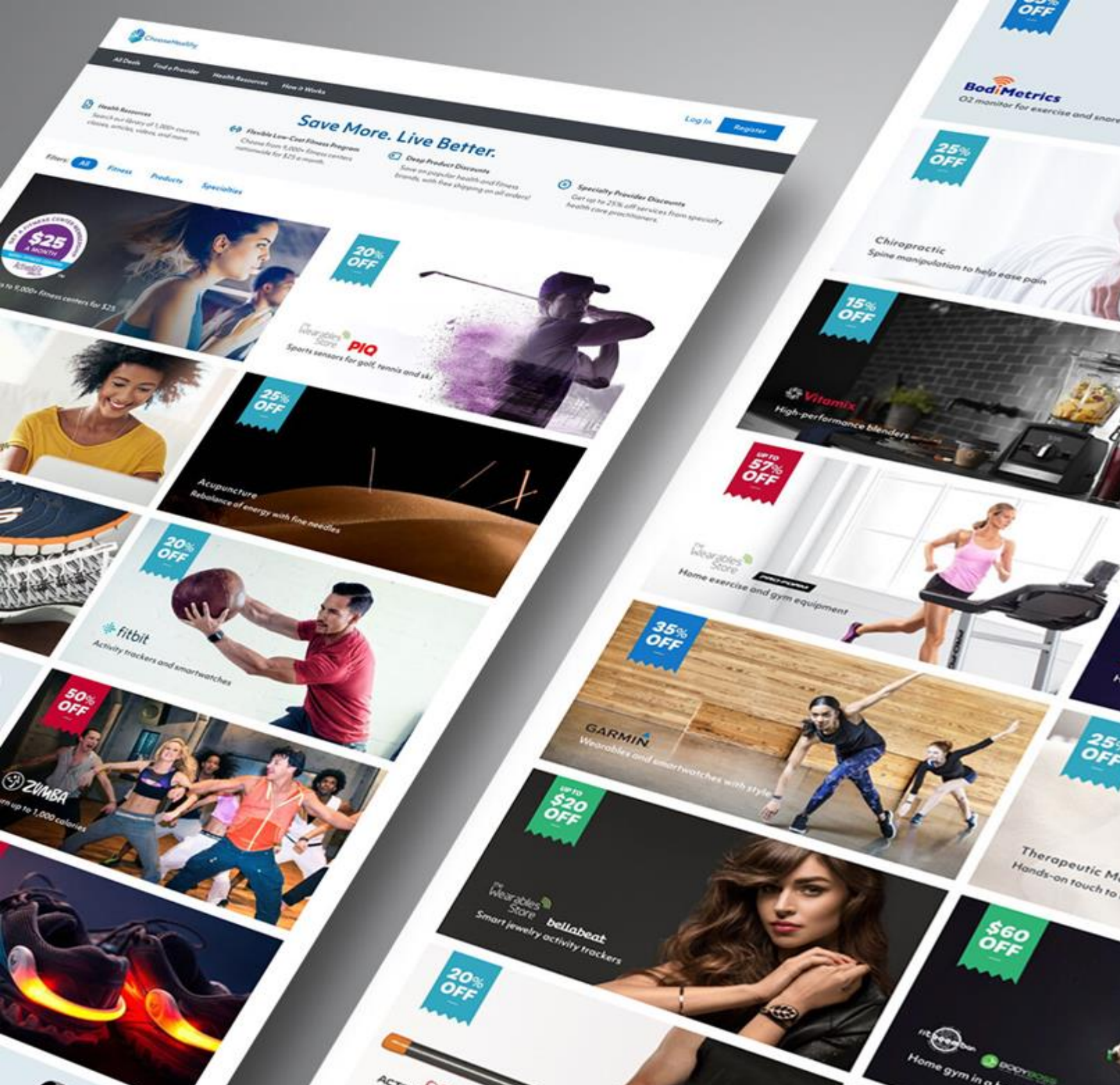


Active&Fit Direct

Members receive discounts on 16,000+ standard and premium fitness memberships and access to 6,500+ workout videos on-demand, starting at \$28/month. Includes:

- **Guest passes** to try a gym before joining.
- **Flexibility** to change gyms at any time or cancel your membership.
- **Access** to online directories from any device.





ChooseHealthy

Deep Product Discounts

Get product discounts from 10%- 50% on popular health and fitness brands.

Specialty Provider Discounts

Save on services from a national network of complementary health care providers.

Resource Library

Access free online health classes and self-guided coaching classes.



moda 360 | Health Navigators

Available Monday through Friday from 7:30 a.m. to 5:30 p.m. Pacific time.



Medical/Vision
866-923-0409



Pharmacy
866-923-0411



Dental
866-923-0410

Or email Moda Health at OEBBquestions@modahealth.com.

You can also chat with the Moda 360 Health Navigator team instantly through your [Member Dashboard](#).

Thank you



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