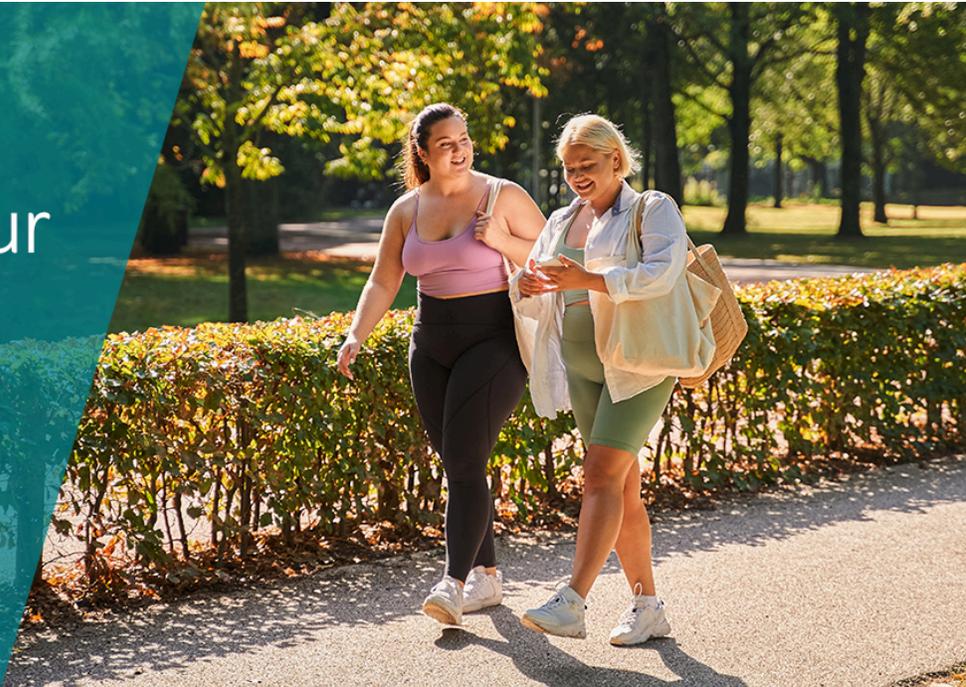




Personalize your healthcare in one place



Managing your health can come with a lot of moving parts, but it shouldn't feel hard to know where to start.

Your Member Dashboard brings your health tools and care programs together in one place, making it easier to find support and stay on track. It recommends the top programs matched to your care needs, sends reminders for preventive care and lets you explore over 30 programs that support your overall well-being. Think of it as your own personal healthcare admin you can use on your phone or computer.



Moda Health Members

Start with your Member Dashboard

Your [Member Dashboard](#) is your own easy-to-use website, built just for you. It helps you stay organized, informed and supported.

Here's what you can do there:

- View personalized care reminders
- Check your plan details, claims and EOBs
- Find a doctor or dentist
- Estimate healthcare and prescription costs
- View your Member Handbook and print ID cards
- Set and track goals in a digital wellness app

Don't have an account yet? Creating one is easy.

Just go to the [Member Dashboard login page](#), select "Create an account" and have your member ID card handy to get started. Your member ID is your OEGB 'E' number. If you don't know it, you can reach out to our Health Navigator team and they can assist you.





Personalize your experience

In your [Member Dashboard](#), you'll find a short Getting to Know You form. Take a few minutes to complete. When you do, your dashboard home page will update with recommended programs, tools and care options the match your health needs and goals. It's an easy way to make your benefits feel more personal and useful.

[Log in to your Member Dashboard](#)

Programs the support your whole health

You also have access to helpful programs that can make care easier and more affordable, including:



Garner™
Helps you find top doctors and reimburses you for out-of-pocket costs when you see a Garner Top Provider.



Behavioral Health 360
Talk with a Behavioral Health Champion or take a self-guided assessment to find the right mental health support.



CirrusMD
Text a doctor 24/7 for urgent or general health questions at cost*.

**Members on Medical plans 6 and 7 are subject to the deductible. Once a deductible has been met there is no member cost share.*

You can find these programs and much more on your Member Dashboard.

[Log in to your Member Dashboard](#)

Check prescription prices before you go

Want to avoid surprises at the pharmacy? Use the Navitus pharmacy price check tool inside your [Member Dashboard](#) to compare brand and generic prices, see estimated costs and find nearby pharmacies before you fill your prescription.



Help beyond healthcare

Sometimes health is about more than doctor visits. Social Determinants of Health (SDoH) are the everyday things that affect how healthy we can be, like accessing food, housing, transportation and social support.

If something in your life is making it harder to stay healthy, our Social Wellness Advocates are here to help. We listen without judgment, do the legwork for you and connect you with real, local resources.

We can help you with:

- Food access and nutrition support
- Housing, utilities and safety concerns
- Transportation to work or appointments
- Mental health support and social connection

To get started, call us at 833-960-8988 or email sdoh@modahealth.com.

We're glad you're here, and we're here to help you every step of the way.

Questions?

For questions about your health benefits, call us at 866-923-0409 (TTY users, please dial 711).

Health plans provided by Moda Health Plans, Inc. | [Moda Health Privacy and Transparency Center](#)



Kaiser Permanente members

Health and Wellness Resources

Kaiser Permanente members can access a variety of resources on our Health & Wellness website. Follow this link to see them all [Health and wellness | Kaiser Permanente](#) or jump straight to your area of interest using the links below:

- Access to Self-Care Apps: [Digital Self-Care Tools for Mental Health | Kaiser Permanente](#)
- Recipe Library: [Recipes | Kaiser Permanente](#)
- Health Classes & Programs: [Health & Wellness Classes & Programs | Kaiser Permanente](#)



One Pass Fitness Discounts

Regular exercise can increase your energy levels, make you stronger, and help prevent illness. Exercise can also improve your sleep, reduce anxiety, and boost your ability to deal with everyday challenges. Kaiser Permanente members have access to discounts on gym memberships to help you exercise regularly.

Kaiser Permanente members can sign up for One Pass Select Affinity which includes access to gyms and fitness locations nationwide as well as on-demand workouts. Choose from the five membership tiers with different monthly fees to select the plan that is right for you. You can sign up for One Pass Select Affinity by clicking here:

[Fitness Offerings | Kaiser Permanente](#)



Wellness Coaching

Whether you are looking to increase physical activity, improve your eating habits or quit smoking, Wellness Coaching by phone can help you reach your goals. This service is available at no additional cost to Kaiser Permanente members, and no referral is required. Call 1-866-862-4295 to make an appointment with a Wellness Coach or learn more here:

[Wellness Coaching by Phone | Kaiser Permanente](#)



Community Support Hub

Good health requires more than just health care. You also need access to resources that support your social health – like food, housing, and more. If you or someone you know needs support, Kaiser Permanente is here to help – for members and nonmembers alike. Explore our resource directory to find community-based programs and services in your area. Click the link for more information:

[The Community Support Hub | Kaiser Permanente](#)

If you're not a Moda Health or Kaiser member, please check your medical plan to see what programs and resources are available to you.