



# Get mental health resources and support *today!*



Your mental and physical health go hand in hand. When one feels off, it can often affect the other. Stress, worry and other struggles can make things harder, but you don't have to face them alone.

Your health plan gives you access to mental and behavioral health resources that are here to support you and help you feel your best.

Moda Health members



## Support that fits your life

As a Moda Health member, you have options. Our Behavioral Health 360 program gives you different ways to access mental health support. Whether you want the personal guidance of a Behavioral Health Champion or the privacy of taking a Self-Guided Assessment, Moda makes it easy to find the mental health support that's right for you.



### Behavioral Health Champions

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Behavioral Health Champions



## Self-Guided Assessment

Go to the “Behavioral Health 360” tab in your Member Dashboard to complete the Self-Guided Assessment. You’ll complete a series of questions to help identify the best behavioral health resources for you.

[Take the Self-Guided Assessment](#)

## Spring Health

## Spring Health

Get quick access to mental health telehealth services right from home. Using your phone, tablet or computer, Spring Health connects you with a licensed care navigator to help you create a personalized care plan in areas you need help with.

[Explore Spring Health](#)

## Get started today!

Just log in to your Member Dashboard to learn more and start using your mental health benefits today. Let us help you get back to feeling your healthy best!

[Log in to your Member Dashboard](#)

### Don't already have an account?

Creating one is easy. [Go to the Member Dashboard login page](#) and select “Create an account” to enter your information. Be sure to have your member ID card handy.

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

If you're not a Moda member, please check your medical plan to see what mental health resources are available to you.