



360

Explore a better  
experience with your  
***health insurance***

Moda 360 + Member perks

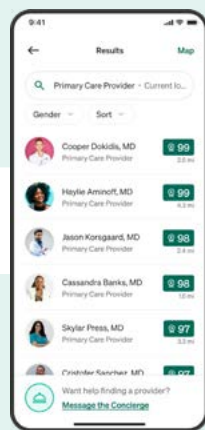


# Get money back when you see top-rated doctors

You have access to **Garner™**, which connects you with trusted, high-quality doctors and reimburses you for out-of-pocket medical costs.

When you see a Garner Top Provider, **you can get reimbursed for out-of-pocket medical costs up to \$950 on an individual plan and up to \$1,900 for a family plan.** Save on doctor visits, imaging, lab work, prescription and more!

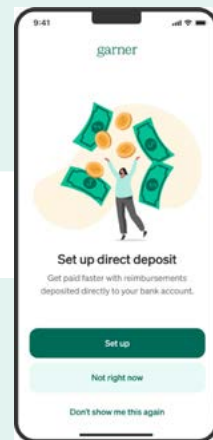
## Saving is easy!



**1**  
Sign up on Garner's website or app



**2**  
Choose a top provider before you make an appointment



**3**  
See that doctor for care and get reimbursed

## Sign up for Garner today

Members can sign up through Garner's [website](#) or [mobile app](#) using the QR code to view their coverage and reimbursement benefit.



A short [How to Create Your Account](#) video is available for assistance.

Members will need:

- Email address
- Employer name  
Select/type OEGB
- First and last name  
As shown on the Moda ID card
- Phone number
- Date of birth
- Subscriber E number  
From the Moda ID card

Moda is not affiliated with Garner, does not aid in data collection or provider scoring, is not responsible for any reimbursement from utilizing Garner to see top providers, etc.



# Personalize your care with **Moda 360!**

Use your **Moda 360 Member Dashboard** to access benefits and member perks to connect with expert care and support to feel your healthy best.

Navigating the healthcare system can be complicated. We make it easy by putting you at the center of everything we do.

This brochure includes details about the programs available to you through your medical and dental benefits. To access these programs, log in to your Member Dashboard and explore all the tools, resources and special programs that can help you be your healthy best!

Built into your health plan, your **Moda 360 Member Dashboard** includes information on your benefits and member perks. It also connects you to the expert care and support you need for a better healthcare experience.

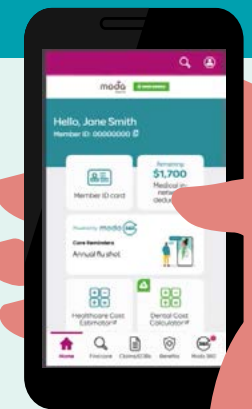


To get started, go to the **Moda 360** tile on your Member Dashboard home page.

Or **download the free Moda 360 app** from your app store or Google Play and connect to care – no matter where you are.

Log in to your Member Dashboard at [modahealth.com/memberdashboard](https://modahealth.com/memberdashboard)

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.



# Find *mental health support* that's right for you

As you manage all the responsibilities in your life, you might find yourself in need of someone to help you find the right mental health care and support.



## Our *Behavioral Health 360* program gives you different ways to access mental health support.

Whether you prefer the personal guidance of a **Behavioral Health Champion** or the privacy of taking a **Self-Guided Assessment**, your Member Dashboard makes it easy to find the mental health support that's right for you.

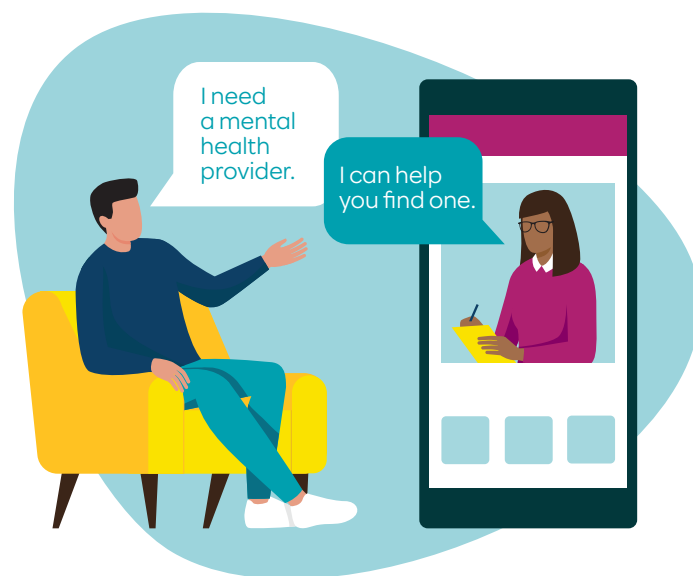
To get started, go to the **Behavioral Health 360** tile on your Member Dashboard home page to:

- Connect with a Behavioral Health Champion
- Complete a Self-Guided Assessment



Our **Behavioral Health Champions** help you explore your treatment options and quickly find local providers that suit your personal healthcare needs. They can help you:

- Find the right type of care you need
- Find a local provider that's a good match for you
- Make the process easy, quick and convenient
- Even after you're set up with care, they'll follow up with you to see how you are doing



To ensure you find the right care and support, we partner with **specialized mental health providers** that have the expertise to meet your specific needs.

## **Personalized mental healthcare, *anytime***

**Spring Health** gives you and your family members access to telehealth services via phone, tablet or computer, including:

- Mental health therapy
- Psychiatry
- Care navigation
- Digital cognitive behavioral therapy

The standard mental health cost share would apply. Visit [springhealth.com](https://springhealth.com) to learn more.



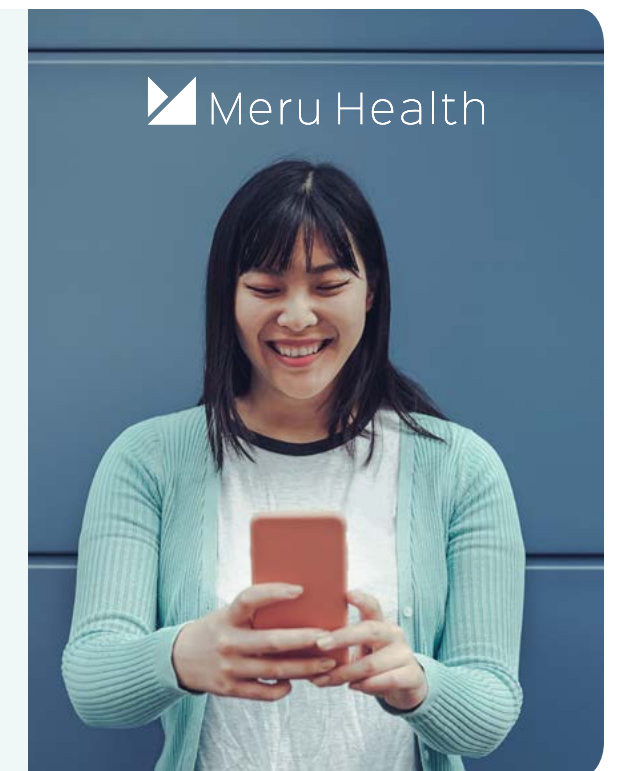
## **Mobile therapy with ongoing therapist support**

**Meru Health** is a holistic mental healthcare solution for depression and anxiety. The 12-week empowerment and support program provides:

- Continuous access to a personal, remote therapist
- Biofeedback training
- Lessons and practices to improve sleep and nutrition
- Proven techniques to change unwanted thoughts and habits

The standard mental health cost share would apply for the initial evaluation call. After the initial evaluation, the program is available to you at no cost.

Visit [meruhealth.com/modahealth](https://meruhealth.com/modahealth) to learn more.





**On-demand support for children with developmental disabilities**

For children with autism and other developmental disorders, **Gemiini** offers language and behavioral skills development support, including:

- Discrete video modeling
- On your schedule
- Proven techniques
- Access in rural areas

The standard mental health cost share would apply.

Visit [gemiinihealth.com/providers/moda](http://gemiinihealth.com/providers/moda) to learn more.



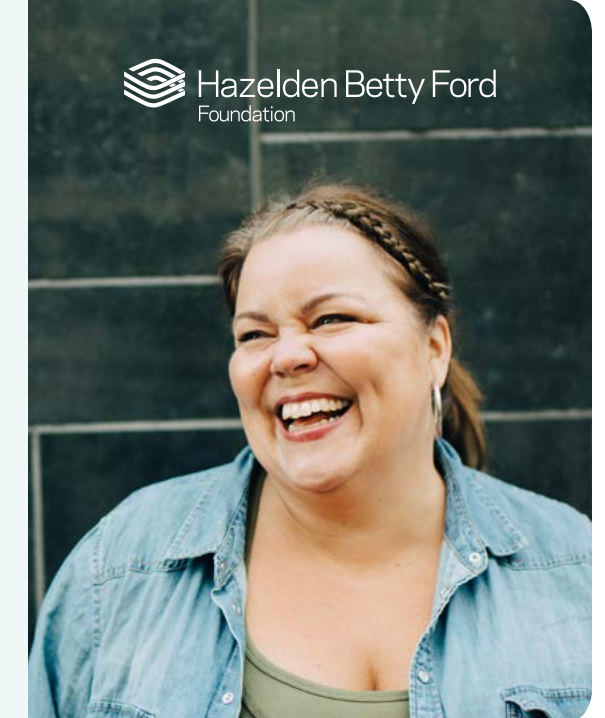
**Compassionate care for substance use disorder**

**Hazelden Betty Ford** offers an array of resources to help you and your family recover from substance use disorder and mental health conditions. Committed to diversity, equity and inclusion, they offer:

- Enhanced coaching and case management
- Anonymous and confidential treatment
- Family education and support
- Comprehensive website library

The standard substance use cost share for treatments would apply.

Visit [moda-help.hazeldenbettyford.org/](http://moda-help.hazeldenbettyford.org/) to learn more.



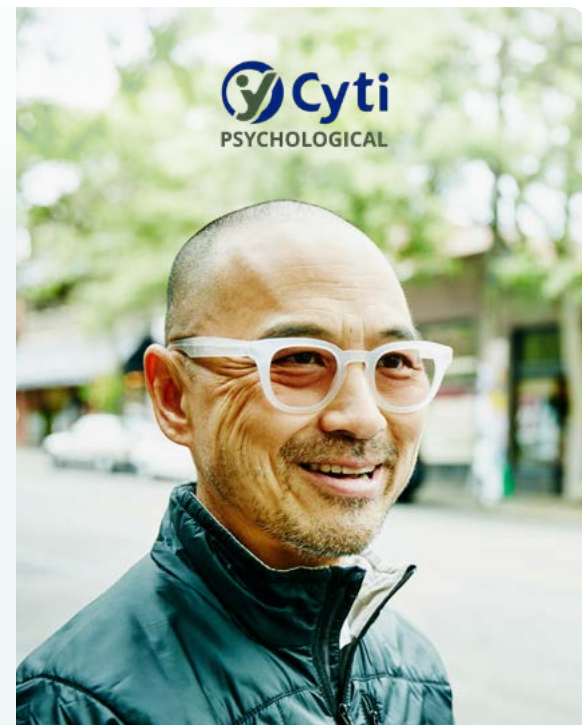
**Barrier-free therapy, your way**

**Cyti Psychological** offers high-quality, online therapy from the convenience of home anytime, anywhere, including:

- Telehealth based
- Appointments within 24-48 hours
- Founded on evidence-based research
- Therapy for individuals, couples, families and teens

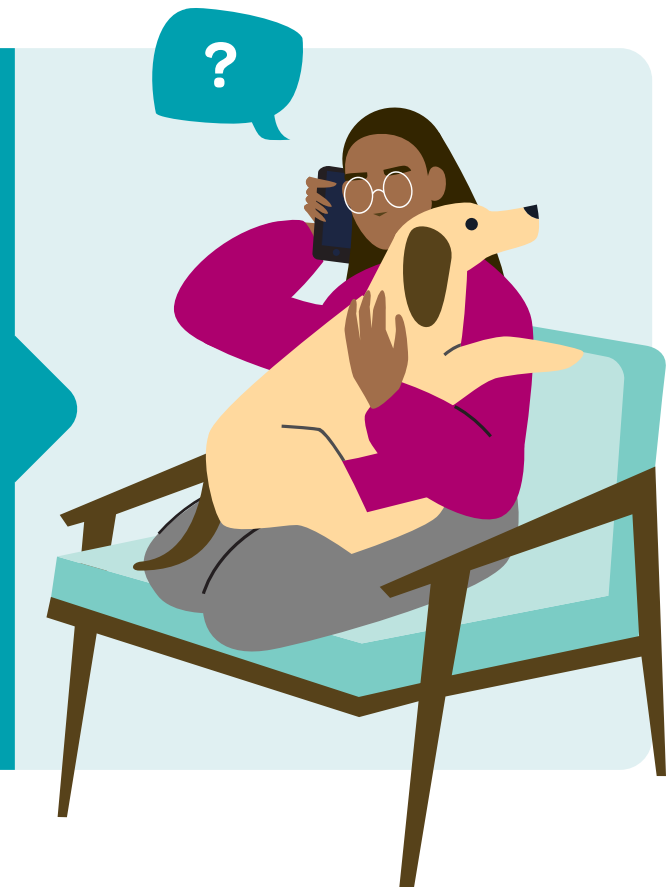
The standard mental health cost share would apply.

Visit [cyticlinics.com](http://cyticlinics.com) to learn more.



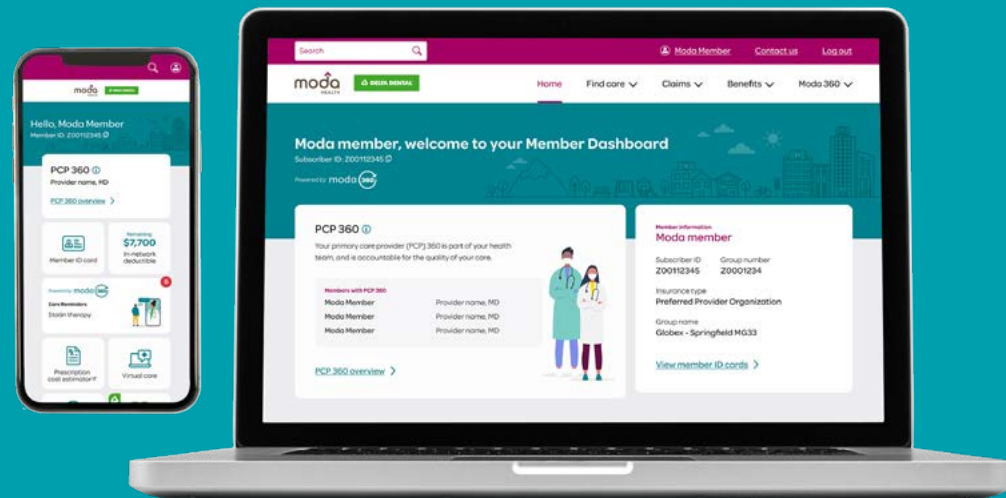
**If you need more support, they're here for you.**

To talk to a Behavioral Health Champion, call 833-212-5027, email [bhchampions@modahealth.com](mailto:bhchampions@modahealth.com) or log in to your **Member Dashboard**.



# Unleash the power of your Member Dashboard

Your dashboard includes other tools and resources to help you stay your healthy best. Take advantage of these extra member perks to:



## Text a doctor in seconds

Access care in less than a minute with **CirrusMD** – at no cost to you.\* A nationwide telehealth service, you can connect with a doctor in seconds from any computer or mobile device with the CirrusMD app.

Visit [cirrusmd.com/modahealth](https://cirrusmd.com/modahealth) to learn more.

Scan the QR code and download CirrusMD app to see how easy it is to connect!



\*Members on medical plans 6 or 7 are subject to the deductible. Once deductible has been met there is no member cost share.



## Experiencing social barriers to your health? We can help.

The **Social Wellness Advocate Program** is a free, confidential support program for members who have potential social needs that are hindering them from achieving optimal wellness.

Upwards of 90% of health outcomes relate to social determinants of health such as environment or lifestyle.

Our advocates can connect members with local organizations or resources that support social wellness such as access to food or transportation to medical appointments.

For more information, contact the Social Wellness Advocates at [sdoh@modahealth.com](mailto:sdoh@modahealth.com) or call 833-960-8988.



## Virtual primary care



**Teladoc** is a virtual primary care program designed to help you gain access to coordinated care and primary care providers in a virtual setting. Our partnership with Teladoc allows:

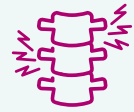
- Subscribers who live out-of-state can now participate in coordinated care and receive the better benefits! Members who select Teladoc as their PCP 360 will be able to participate in Coordinated Care and receive the better benefits.

### 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

Teladoc's virtual primary care program is subject to the virtual visit cost share.

Visit [teladochealth.com](https://teladochealth.com) to learn more.



## Relieve aches and pains from the comfort of *your home*

**Sword** is an online care program for back, joint and muscle pain, available at no cost to you. It teams you with a licensed physical therapist and easy-to-use technology. Customized to your goals and abilities, you can:

- Chat with the dedicated physical therapist anytime
- Track your progress and adjust your program as needed
- Get real-time feedback through motion trackers and a tablet
- Complete convenient exercise sessions for pain relief

Visit [enroll.swordhealth.com/oebb](https://enroll.swordhealth.com/oebb) to learn more.

Scan the QR code and download the Sword app to get started.



## Stay active and *fit for less*

As a Moda Health or Delta Dental member, you have access to the **Active&Fit Direct** program. With memberships starting at \$28 a month, you can choose from over 12,200 participating gyms nationwide.

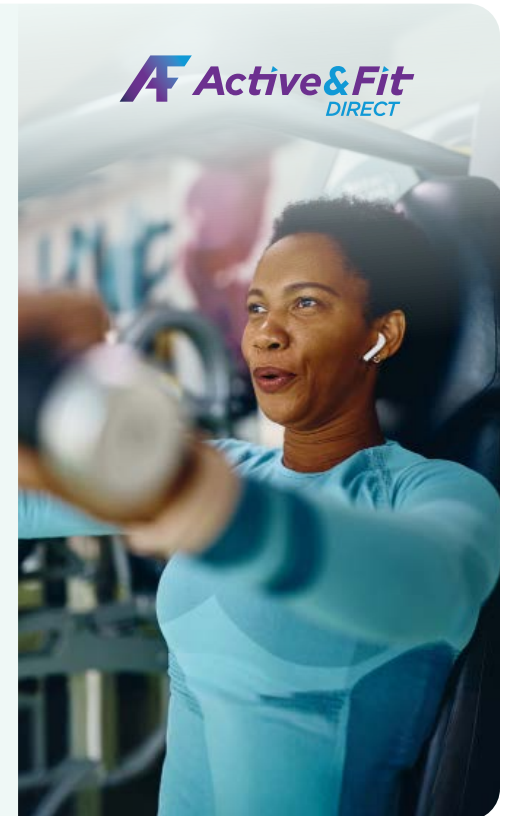
The program offers:

- A free guest pass to try out a gym before joining
- A robust online library of on-demand workout videos
- Access to online directory maps and a health club locator from any device
- Online tracking from a variety of wearable fitness devices, apps and exercise equipment

Ready to join?

Log in to your Member Dashboard account at [modahealth.com](https://modahealth.com).

1. Open the Benefits drop-down menu
2. Select Benefit Programs
3. Select Gym discounts with Active&Fit Direct



## Learn your risk of breast cancer

**Gabbi's** mission is to make late-stage breast cancer obsolete by ensuring all women know their risks and have access to early detection. According to the American College of Radiology, all women should undergo a breast cancer risk assessment by age 25. Have you taken yours?

Through Gabbi, you can take a 2-minute online assessment to immediately learn your risk of breast cancer. Once you've completed the assessment, book a same-week virtual visit with a Gabbi breast specialist. Your specialist will determine the right care plan to manage your risk and, if needed, order genetic testing or breast imaging.

If tests are ordered, the Gabbi care concierge team will work with you to help find the best in-network care options.

Gabbi's risk assessment and concierge service is available at no cost to you.

Scan the QR code to get started.



Visit [gabbi.com/moda](https://gabbi.com/moda) to learn more.

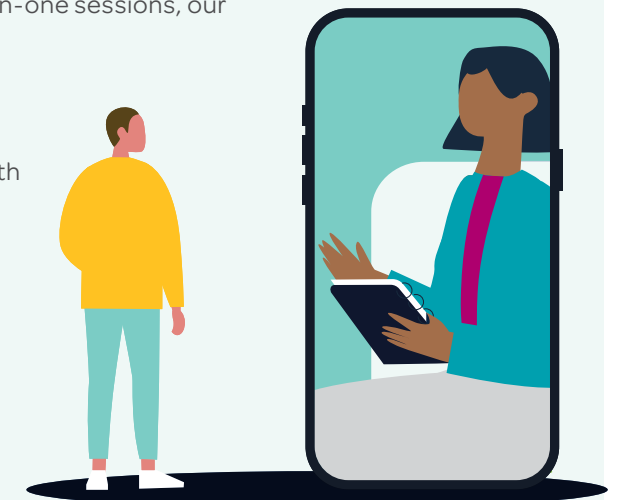



## Find a health coach *just for you*

Chronic conditions such as diabetes, heart disease, obesity, mental health and hypertension are rising, impacting physical and emotional wellbeing. **Our health coaches** know how lifestyle changes can improve overall health and can even reverse or prevent challenges. In personalized one-on-one sessions, our trained health coaches work with you to:

- Fully understand your condition with individualized support and education
- Set achievable health goals with tailored care plans
- Gain tools and knowledge to take control of your health
- Implement lasting behavior changes for better health outcomes

Scan the QR code to learn more.



 **Lower your risk of type 2 diabetes**

Prediabetes is a serious health condition that can lead to type 2 diabetes, heart disease and stroke. Our 12-month **Prediabetes (Pre-D) program** offers members at higher risk of developing type 2 diabetes tools to reduce your risk and make long-lasting lifestyle changes for better overall health – at no cost to you.

If you qualify, you'll get support from certified lifestyle coaches and other resources to guide you on your journey to a healthier lifestyle, including:

- 22 virtual, real-time group coaching sessions with a certified health coach
- A free Fitbit device and smart scale to track your progress
- No copays or deductibles for in-network nutritionist or dietician visits
- Skills to lose weight, be more physically active, and manage stress



 **Diabetes management program**

**virta**

**Virta Health** can help you reverse type 2 diabetes and lose weight through dietary changes, at no cost to you. Virta's medical team and health coaches support you every step of the way with a personalized program and nutrition plan tailored to your lifestyle.

Visit [virtahealth.com/join/oebb](http://virtahealth.com/join/oebb) to learn more.



To check your eligibility for these programs, call the Moda 360 Health Navigators or log in to your [Member Dashboard](#)



# Extra dental care for those who need it

Our **Health through Oral Wellness**® program offers extra dental benefits for members who need extra care on their pearly whites. If you're at a higher risk of oral disease, you may qualify for additional care all year round, including:



Cleanings



Fluoride treatments



Sealants



Periodontal maintenance



And more

## Follow these easy steps to see if you qualify:

- 1** To find participating providers in the Health through Oral Wellness program, they'll have a green badge shown here in [Find Care](#).
- 2** Talk to your dentist about the program. If they're not registered, ask them to call our provider line at **844-663-4433** to learn how to sign up. Once registered, they can perform your clinical oral health risk assessment and let you know if you qualify. The exam uses a set of algorithms to determine your risk score. If your risk score is between 3-5, you may be eligible to receive additional dental benefits throughout the plan year.
- 3** [Learn more](#) about the program and take a free oral health risk self-assessment. You can choose to share your results with your dentist to start the conversation.



## Questions?

We're here to help. For questions, email the Moda Health Dental Customer Service team at [OEBBquestions@modahealth.com](mailto:OEBBquestions@modahealth.com) or call **866-923-0410** to learn more. TTY users, please dial 711.

[modahealth.com/oebb](http://modahealth.com/oebb)



Health plans provided by Moda Health Plan, Inc. Dental plans in Oregon provided by Delta Dental of Oregon. Moda Health, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, religion, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711). CHÚ Ý: Nếu bạn nói tiếng Việt, có dịch vụ hỗ trợ ngôn ngữ miễn phí cho bạn. Gọi 1-877-605-3229 (TTY:711).

REV3-3020 (05/26)