



Explore a better
experience with your
health insurance

Moda 360 + Member perks

moda
HEALTH

Get money back when you see top doctors

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

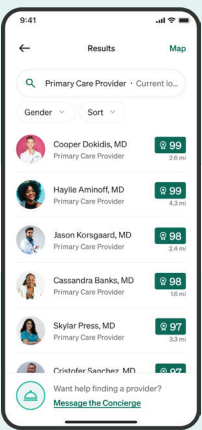
If you have a coordinated care plan (full & part-time), when you see a Garner Top Provider, you can get reimbursed for out-of-pocket medical costs up to **\$1,250** on an individual plan and up to **\$2,500** for a family plan.

If you're on the PPO plan (full & part-time), when you see a Garner Top Provider, you can get reimbursed for out-of-pocket medical costs up to **\$1,000** on an individual plan and up to **\$2,000** for a family plan.

To get reimbursed, you must add a Garner Top Provider to your care team before your appointment. Garner checks the providers on your care team before your appointment to decide if you're eligible for reimbursement. Save on doctor visits, imaging, lab work, prescriptions and more!



Saving is easy!



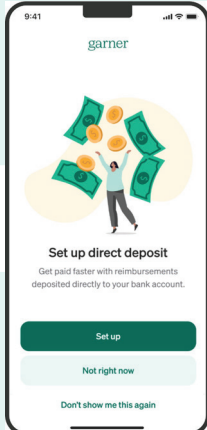
1

Sign up
on Garner's website or app and
enter "PEBB" as your employer
or health plan sponsor



2

Add your Top Provider
to your care team
before you make an
appointment



3

See that Provider 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 PEBB
- ☐ First and last name
As shown on the Moda ID card
- ☐ Phone number
- ☐ Date of birth
- ☐ Subscriber P 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.

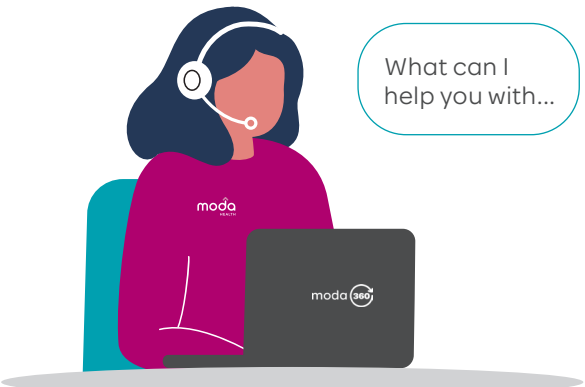
This brochure includes details about the programs available to you through your medical and dental benefits. To access these programs, log in to your Member Dashboard and explore all the tools, resources and special programs that can help you be your healthy best!

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.



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.

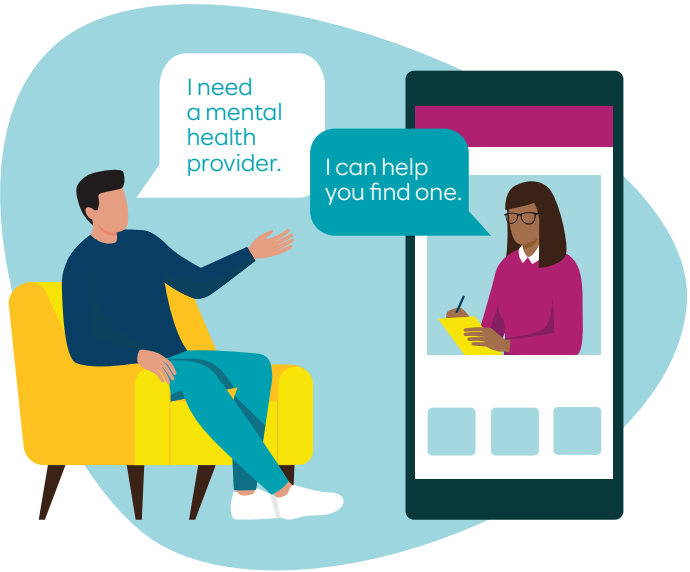
To get started, go to the **Behavioral Health 360** tile on your Member Dashboard home page to:

- 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

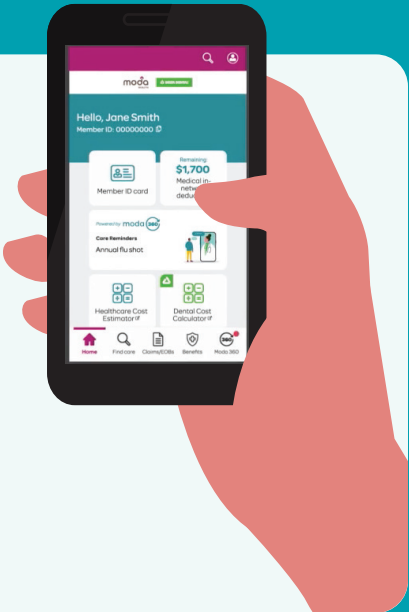


To get started, go to the **Moda 360** tile on your Member Dashboard home page.

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.

Don't 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.



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 modahealth.com/dashboard/login 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 booking.cyticlinics.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.



 Compassionate care for substance use disorder

You can get personalized care for drug and alcohol addiction through any of our in-network treatment facilities, including the **Hazelden Betty Ford Foundation**. Hope is here for achieving long-term sobriety. Experts at the foundation provide clinical care, education and research in addiction prevention, treatment and recovery.

Find out more about the Hazelden Betty Ford Foundation or use our provider search (modahealth.com/ProviderSearch/faces/webpages/home.xhtml).

The standard substance use cost share for treatments would apply.

Visit hazeldenbettyford.org 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 to learn more.



all-in-one digital wellness community

Sprout offers an all-in-one digital wellness community designed to help you build healthy habits on your well-being journey, at no cost. Download the app and get ready to set goals, be active, take part in company-wide challenges, and start connecting with your colleagues from anywhere. This easy-to-use app helps you stay motivated and participate in ways that are just right for you.

Visit modahealth.com/dashboard/login to learn more.



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.

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/Register to learn more.



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

To talk to a Moda 360 Health Navigator, call 844-776-1593, email **PEBBcustomerservice@modahealth.com** or log in to your Member Dashboard (modahealth.com/dashboard).





Relieve aches and pains from the comfort of your home

Thrive program developed by **Sword Health** 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/pebb to learn more.

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



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

The **Community Resource Bridge** is a confidential support program available to you at no additional cost. It helps address social needs that may be making it harder to reach your health and wellness goals.

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

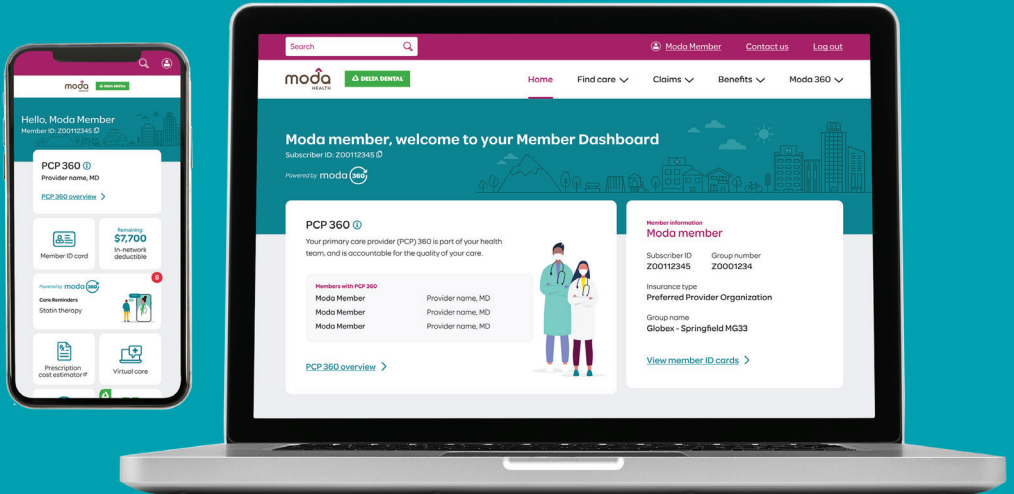
Our advocates can connect members with local organizations or resources that support social wellness such as access to food or transportation to medical appointments.

Contact the Community Resource Advocates at resourceadvocates@modahealth.com to learn more.



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 to learn more.

Scan the QR code and download the 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.

CIRRUS MD



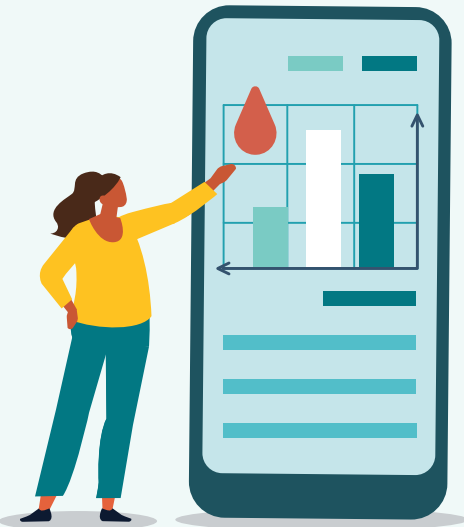


Diabetes management program

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/moda-pebb to learn more.



Achieve and maintain your *goal*

Omada for Prevention & Weight Health

is a fully covered health program offered by PEBB at no cost to all eligible individuals. Omada for Prevention & Weight Health helps members achieve and maintain their goal weight with behavior change tools and a real coach in their corner.

Visit omadahealth.com/pebb 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 Fitbit device and smart scale to track your progress, at no additional cost
- No copays or deductibles for in-network nutritionist or dietician visits
- Skills to lose weight, be more physically active, and manage stress



Take steps to prevent *diabetes*

Omada for Diabetes is a fully covered health program offered by PEBB at no cost to all eligible individuals. Omada for Diabetes members get one-on-one support from a health coach and diabetes specialist, with an easy- to-follow personalized plan. So they can focus on feeling healthier, without paying any out-of-pocket costs.

The program is for all eligible individuals no matter where they are on their care journey. This includes people already managing their diabetes and those in need of extra support.

Visit omadahealth.com/pebb to learn more.





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 guest gym pass at no additional cost
- 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
- Access to the new Active&Fit Direct Marketplace to receive discounts on top-of-the-line health and fitness products like **Fitbit**, **Garmin**, **New Balance**, **Adidas**, and other top brands

Ready to join?

Log in to your Member Dashboard account at modahealth.com/dashboard/login.

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



Reach your weight goals with
science-backed changes

WeightWatchers is the #1 doctor-recommended weight-loss program,* available at NO COST to PEBB members 18 or older.** Backed by a world-class team of clinicians, WeightWatchers is even easier to follow, with more in-app features and a plan tailored to you. You'll get:

- A customized nutritional plan based on your unique lifestyle
- Easier choices and no guesswork, with prioritized, nutrient-dense food options that don't require tracking or measuring
- A support network, with expert WW coaches and Virtual Workshops
- A complimentary Bluetooth scale for new members!

Visit WW.com/pebb start to learn more.

*Based on a 2023 survey by Cerner Enviza of 500 doctors who recommend weight-loss programs to patients.
**Pricing: Your PEBB medical plan covers the monthly cost of your WW program until you cancel or until your eligibility for PEBB benefits terminates. Pricing will adjust to the standard monthly rate if your relationship with your organization changes or your eligibility for PEBB benefits terminates, or the agreement between your PEBB medical plan and WW terminates.
***One Bluetooth scale per member. U.S. addresses only. Allow approximately 4 to 6 weeks for delivery. Cannot be redeemed for cash. Nontransferable. Membership must be active at time of product shipment. If your membership is not active within 4 days after signing up, your Bluetooth scale shipment will be canceled.



Placeholder for
LifeBalance

With **LifeBalance**, you can enjoy more of the things we all love—family time, health and fitness, travel, electronics, apparel, the great outdoors, and, above all, a great deal. Year-round discounts are available for you and your family members.

To start saving, visit PEBB.LifeBalanceProgram.com.



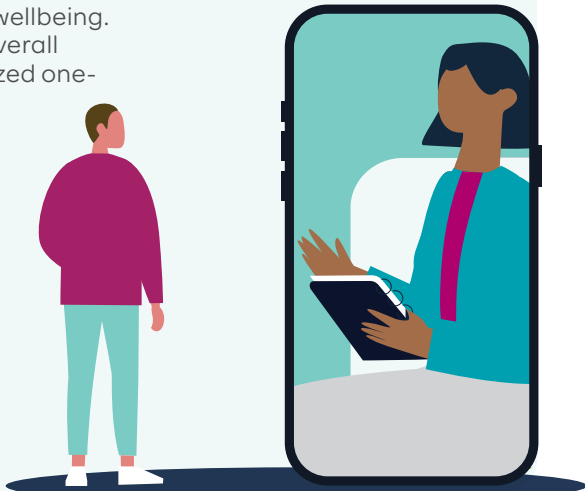
Find a health coach
just for you

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.





(Peri)+menopause program

The **Moda Health Menopause program** offers personalized support for perimenopause and menopause- designed to boost confidence, clarity, and control. Members enroll and begin receiving monthly email support, trusted education, and practical tools to manage real-life changes, at no additional cost.

Optional group coaching conversations connect members with guidance and a supportive community. From sleep and stress to mood, energy and heart, bone and sexual health, this whole-person program helps members feel informed, supported, and ready to take charge at every stage of menopause.

Plus, each participant receives a welcome gift to get started.

Learn more at modahealth.com/menopause, email menopause@modahealth.com, or call 833-960-0580



Benefits to support your family planning journey

Through PEBB, you have enhanced benefits to support your family planning journey.

Progyny is a leading fertility benefit that provides personalized care and guidance every step of the way. Progyny smart cycle is offered to member at no cost share.

With Progyny, you'll get:

- Custom treatment plans
- Dedicated Patient Care Advocate (PCA)
- Personalized support and guidance
- Access to top fertility specialists
- Comprehensive coverage from tests to treatments

To learn more, please visit benefits.mypgny.com/members/pebb, or call Progyny at 833-233-0843



Maternity care program

At Moda Health, we're dedicated to supporting you from the exciting moment you discover you're expecting. When you join our program, **Growing Together**, you'll receive a welcome kit packed with essential planning tools and trackers designed to guide you through every stage of your pregnancy, all at no additional cost.

Stay informed with our regular emails, which deliver timely resource and updates right to your inbox. For those seeking personalized support, our maternity health coach is able to provide one-on-one guidance throughout your pregnancy and into your baby's first year.

Sign up to connect with a coach and receive tailored support and encouragement every step of the way. Let Moda Health be your partner on this incredible journey, offering you the care and resources you need to thrive.

Learn more at modahealth.com/maternity, email maternitycare@modahealth.com, or call 503-402-5861



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®** (www.deltadentalor.com/oralwellness/members) 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

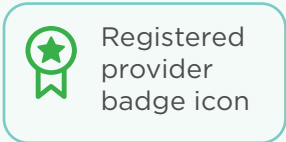
Follow these easy steps to see if you qualify:

- 1

To find participating providers in the Health through Oral Wellness program, they'll have a green badge shown here in **Find Care** (modahealth.com/DentalProviders).
- 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 (emds3.previser.com/ddor/ddor-odfyxp). You can choose to share your results with your dentist to start the conversation.



Registered provider badge icon

Questions?

We're here to help. For questions, email the Moda 360 Health Navigator team at PEBBcustomerservice@modahealth.com or call **844-776-1593** for medical or **833-681-2117** for dental to learn more. TTY users, please dial 711.

modahealth.com/pebb



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).

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