



Being healthy just got easier with ***Sprout***

Get access to our new wellness app, powered by Sprout

Moda members can now join an all-in-one digital wellness community designed to help you build healthy habits on your well-being journey. Download the app and get ready to set goals, be active, take part in challenges, and start connecting with retirees from anywhere.

This easy-to-use app helps you stay motivated and participate in ways that are just right for you.



Goals & challenges

Stick to your new health habits and enjoy a little friendly competition



Real-time HRA

Receive a snapshot of your current health status and watch it update over time



Activity tracking

Track activities, earn points and unlock badges



Device connections

Connect your wearable device or health apps for seamless, automatic activity tracking



Social streams & communities

Post updates and photos, share tips and gain support



Content library

Unlimited access to informative and engaging videos, articles and more



Getting started is easy!

1. Log in to your Member Dashboard. *First time signing on?* Click on the **create an account** link. You'll need your Moda Health member ID to complete registration.
2. From your Member Dashboard, click on the **Health Risk Assessment powered by Sprout** tile. Follow the registration prompts and take your onboarding tour.

Got questions?

We're here to help. Call us using the number on the back of your member identification card. TTY users, please call 711.