

# Extra benefits to help your clients stay active and healthy

From fitness to mental health, Moda Health plans include more than just doctor visits.

There's more to staying healthy than just seeing a doctor. That's why your clients' health plans include extra programs to help them feel better, stay active and handle life's ups and downs – often at little or no cost to them.



## Support for their mental and emotional health

Everyone needs a little help sometimes – and we're here to listen, guide and support your clients.

- **Individual Assistance Program (IAP):** Now and then, we can all use some help to get back on track. The IAP offers free, private support to your clients and their eligible family members for any personal concerns, large or small. Most services are at no cost.
- **Meru Health:** A 12-week online therapy program that's proven to help with stress, depression, and everything in between.



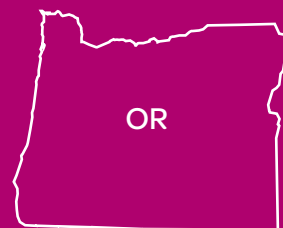
## Quick help when it matters

Members skip the waiting room and get care whenever – and wherever – they need it.

- **CirrusMD:** This text-based virtual care platform lets them connect with a real doctor 24/7 to get answers fast. No appointment or extra cost.
- **Assist America®:** Members get help with medical emergencies and finding doctors, hospitals or pharmacies when traveling more than 100 miles from home and out of the country.



[modahealth.com](https://modahealth.com)





### Help with managing health conditions

If your clients are dealing with diabetes or other health concerns, they don't have to do it alone.

- **Teladoc® Health:** Members get tools and tips to help them manage diabetes their way.
- **Health coaching/care coordination:** One-on-one support to help them stay on top of their health.



### Extra care and protection when they need it

Your clients stay covered in ways they might not expect — from hearing care to identity protection.

- **TruHearing®:** Members get support and savings on hearing care and hearing aids.
- **IDX™ Identity Protection:** Members keep their personal information safe at no extra cost.



### Wellness made simple

Your clients can feel their best with easy tools, discounts and tips to stay active and healthy.

- **ChooseHealthy®:** Members save on wellness products and services and can access health improvement tools that help them feel better every day.
- **Sprout app:** Members can track their health, stay motivated and build healthy habits with this easy-to-use digital app.
- **Active&Fit®:** They can join a local gym and get moving — for less.

## We're here to help your clients get the most from their plan

Your clients have got great tools right at their fingertips. Active members simply log in to their Member Dashboard at [modahealth.com/memberdashboard](https://modahealth.com/memberdashboard) to access these free and valuable benefits.

Whether they're managing a condition, caring for their mental health or just want to feel better every day, we're here to support them every step of the way.

## Questions?

Contact our Sales team at **877-277-7073**. TTY users, please dial 711.

Health plans provided by Moda Health Plan, Inc. These additional services are not insurance, may not be available in all areas, and may be discontinued at any time with 30 days advance notice. Moda Health 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 877-605-3229 (TTY: 711). CHÚ Ý: Nếu bạn nói tiếng Việt, có dịch vụ hỗ trợ ngôn ngữ miễn phí cho bạn. Gọi 877-605-3229 (TTY: 711). PAUNAWA: Kung nagsasalita ka ng Tagalog, ang mga serbisyong tulong sa wika, ay walang bayad, at magagamit mo. Tumawag sa numerong 877-605-3229 (TTY: 711).