

Ready to make a lasting change?

At Moda Health, we're here to support you on your journey to better health. That's why we offer our disease-management health coaching program, available to eligible members at no cost.

You can work one-on-one, confidentially, with a health coach to:

- Understand your condition better with personalized support and education
- Set health goals that are right for you, with care plans made just for your needs
- Learn tools and tips that help you take control of your health
- Make lasting changes that can improve your health

Check the back for more info and FAQs!



Want to try it out?

Let us know when and how to reach you by filling out a quick [survey](#) or by scanning the QR code on this page with your smart phone. A health coach will contact you to talk about next steps.

Questions?

Please call 800-913-4957 or email healthcoachteam@modahealth.com

*Together,
we can experience
better health.*



Health Coaching FAQ

Why work with a health coach?

At Moda Health, we know that making changes can be hard, especially when dealing with health issues or chronic conditions. A health coach is a partner who supports you in taking small action steps that can lead to big results over time.

Habits related to nutrition, exercise, stress management, sleep and more can move you toward better health and wellbeing. Working with a health coach helps you navigate changes, creating habits that last.

What is Disease Management?

It is an individualized program designed to help members improve overall health and even reverse or prevent challenges caused by chronic conditions. Available to eligible Moda Health members at no cost, you can:

- Have one-on-one sessions over phone or video with a Nationally Board-Certified Moda Health Coach
- Talk about what motivates you
- Find ways to reach your health goals
- Overcome challenges

Does a health coaching program replace my healthcare visits?

No, health coaching adds extra support to help you manage your health. It doesn't replace the care you already receive from your doctor.

Who is eligible?

Our health coaching program is designed to support members living with certain chronic conditions that, as research shows, are highly impacted by lifestyle changes. Please reach out to us to see if you are eligible.

How much does it cost?

Health coaching is available at no cost to eligible Moda members.

How does Moda Health protect my privacy?

Moda Health follows the Federal Health Insurance Portability and Accountability Act, commonly known as HIPAA, or the Privacy Rule, to keep your health information safe.

How do I learn more?

If you are interested in signing up or learning more, visit modahealth.com/health-coaching

Additional questions? Contact us!

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