

➤ Momentum, for a healthier you

Plug into 'Momentum,' your healthy living dashboard

Take charge of your health – and follow your progress. It's easy with Momentum, powered by Moda Health. Use it to find your way to a healthier you. Try it on myModa and see.

Keep better tabs on your health with Momentum! This secure healthy living dashboard lets you identify health risks, set goals and see improvements. Tap in anytime to:

- Take a health assessment and learn your "health age"
- Use healthy lifestyle apps, like Weight Tracker and Blood Pressure Tracker
- Research symptoms and conditions
- List medications, check for side effects and turn on reminders
- Set goals and track progress
- Create a Family Health Record
- Access health content and resources

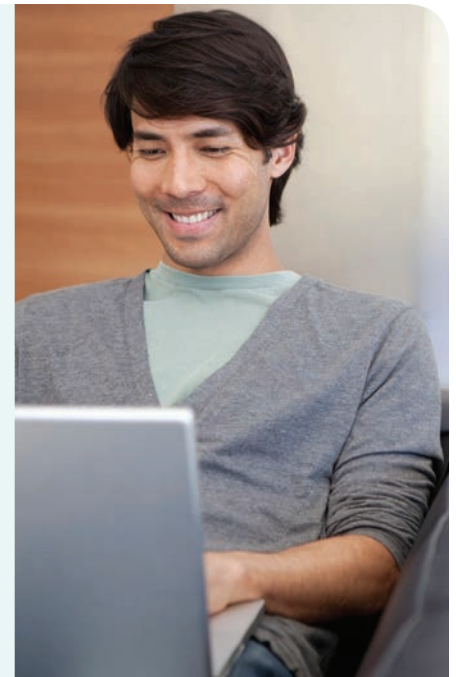
Get your health age

Are you 50 but feel more like 35? Find out by taking a new health assessment through Momentum. You'll learn your "health age" and which tests, screenings and lifestyle changes make sense. Then you can pick the health apps and goals that fit you.

Log in to myModa

Visit modahealth.com to log in to your myModa account. If you don't have an account, creating one is easy. With your member ID card handy, follow the prompts to enter your information.

Then, look for the "Momentum, powered by Moda Health" link.



Questions?

We're here to help. Call us toll-free at 877-277-7281 or email careprograms@modahealth.com. TTY users, please call 711.



modahealth.com