Take your health from good to great!

Want to feel your best? You’ve got a coach in your corner! Whether you have an ongoing health issue, like diabetes, or just want to eat better and exercise, we can help.

When you or your dependent enrolls in one of our care programs, we’ll deliver one-on-one support from a health coach. Choose the program with the right fit:

- Cardiac Care
- Dental Care
- Depression Care
- Diabetes Care
- Lifestyle Coaching
- Respiratory Care
- Spine & Joint Care
- Women’s Health & Maternity Care

**Cardiac Care program**
Heart disease is the leading cause of death in America. You can lower your risk with lifestyle changes, like exercise. As part of this program, you’ll take a personal risk assessment. This will help you and your health coach make a plan just for you.

**Dental Care program**
Research shows that when your mouth is healthy, your body is healthier, too. Work with a coach to learn how to take better care of your teeth and mouth. Your coach will help you start new, healthy habits and communicate with your dentist.

**Depression Care program**
If you struggle with depression, there’s help. As part of this program, your coach will help you understand and manage your symptoms. You’ll get support all along your path to feeling better.

**Diabetes Care program**
What’s the best way to control your diabetes? Learn what you can do to lower your risk for complications. You’ll set goals and track your progress toward better health with expert guidance and support.

**Lifestyle Coaching program**
If you simply want to feel healthier, here’s your chance. Talk through any lifestyle changes you want to make with a personal health coach. Your coach can give you helpful tips for:

- Nutrition
- Sleep
- Stress
- Exercise

**Respiratory Care program**
How would you like to breathe easier? Identify your asthma triggers, set goals, track your progress and get the support you need to feel your best.

To enroll:
Call 877-277-7281 or email careprograms@modahealth.com. (TTY users, please call 711.)

modahealth.com/oebb

Health plans in Oregon and Alaska provided by Moda Health Plan, Inc. Dental plans in Oregon provided by Oregon Dental Service, dba Delta Dental Plan of Oregon. Dental plans in Alaska provided by Delta Dental of Alaska.
Care programs

**Spine & Joint Care program**
Live with less pain. Learn about spine and joint disorders, as well as acute and chronic pain. By understanding your body, you can make better decisions about your treatment. Working with your coach, you’ll create a plan of activities that go easy on your joints. You’ll also learn about:

- Stretching and strengthening exercises
- Relaxation techniques
- Diet and weight
- Medication management

**Women’s Health & Maternity Care program**
As an expectant mother in this program, you’ll get support and information to help during and after your pregnancy. But you don’t have to be pregnant to participate. You can also talk with your coach about breast self-exams, heart attack symptoms and other women’s health issues.

Moda, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Límite al 1-877-605-3229 (TTY: 711).

注意：如果您说中文，可得到免費語言幫助服務。請致電 1-877-605-3229（聾啞人專用：711）

modahealth.com/oebb