



**Your partner
in health**

At ODS, we want to help you get well sooner, and live well longer. Our team of in-house health professionals will assist you every step of the way.

DURING DIFFICULT TIMES

Meet James*

James was hospitalized with injuries from an automobile accident. An ODS care coordination nurse worked on his hospital discharge to set up the rehabilitation services, skilled nursing care, medical equipment and home healthcare essential for his recovery.

HELP WITH ONGOING HEALTH CONDITIONS

Meet Mary*

Mary is a diabetic who struggled with her weight, had high cholesterol and was at risk for heart disease. After three months of working with a health coach, Mary lost weight, reduced her cholesterol, regained control over her blood sugar. She lowered her heart attack risk by 75 percent.

CONVENIENT ONLINE TOOLS

Meet Adam*

Adam was having difficulty sleeping. Reluctant to visit the doctor, he logged into his myODS account and emailed a physician at ODS eDoc who advised him to see a specialist. The specialist diagnosed him with a sleep disorder that was responsible for Adam's high blood pressure and a number of other related health problems. Thanks to his referral and treatment, Adam is now sleeping soundly and living a healthier life.

HELP WITH BEHAVIORAL HEALTH ISSUES

Meet Joan*

Joan was having difficulty getting her daughter the help she needed for an eating disorder. She called ODS and spoke with a behavioral health specialist who was able to connect Joan and her daughter with a doctor who specialized in teen eating disorders. Although it has been difficult, Joan and her daughter are now in recovery programs.

** Names have been changed to respect the privacy of our members.*



WE CAN HELP YOU:

As a participant in one of our ODS care programs you will:

- › Work one-on-one — at your convenience — with a trained health coach over the phone or via email.
- › Set goals and learn how to achieve those goals
- › Learn how to effectively manage your condition
- › Receive educational materials, answers to questions and self-management tools
- › Track your progress to better health
- › Receive incentives for participation
- › Receive mailings with screening reminders, health education and information about your medications

Manage your benefits and access helpful tools and resources by logging on to myODS at www.odskompanies.com.

For more information, please call 503-948-5548, toll-free 877-277-7281 (TTY users, please dial 711).

Insurance products in Oregon provided by ODS Health Plan, Inc.
Health plans in Washington provided by ODS Health Plan, Inc.