



Start feeling better today



Connect with a health coach to find the support you need.

If you're struggling with depression, we can help. As a participant in our Depression Care program, you'll work one-on-one with a health coach by phone or email. It's all free and confidential. Your coach will listen to your concerns and walk you through your options, so you can decide what's best for you.

Your coach will help you:

- > Make an action plan
- > Set your own health goals
- > Keep track of your progress
- > Find resources about your unique needs

You'll learn more about:

- > What causes depression
- > How exercise may help
- > The role nutrition plays
- > Building a support network
- > Talking to your doctor and other providers

Questions?

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



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

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

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