

➤ Be Better tools

## Let us be your biggest cheerleaders in health.

Now you have your own personal healthcare team. Be Better tools give you access to doctors, nurses, coaches, care coordinators and more.

As a standard part of your medical benefit, we offer Be Better tools. No matter what stage of life or health you're in, Be Better provides the tools and personalized health support to help you improve your health.

### Care coordination and case management

Registered nurses, physicians, coaches and behavioral health care coordinators help you and your caregivers navigate the complexities of the healthcare system.

### Personal coaching for health conditions

Our health coaches use evidence-based practices to work with you and your eligible dependents on specific medical needs, such as diabetes, asthma, depression and maternity care. This one-on-one support offers custom guidance and help setting health goals.

### Track your health progress

A variety of health resources help you monitor your health goals.

- Email doctors, psychologists, dentists, pharmacists, dietitians and fitness experts
- Phone advice from a registered nurse, 24/7
- Online tools to track healthy living habits
- Tobacco cessation counseling\*

Members with a pharmacy benefit can access additional resources, including:

- A web-based health and symptom evaluator
- Health assessments
- An online medical library
- Health news articles, forums and more



*\*This feature is not available with all plans.*

*Health plans in Oregon, Washington and Alaska provided by Moda Health Plan, Inc. Dental plans in Oregon provided by Oregon Dental Service. Dental plans in Alaska provided by Oregon Dental Service doing business as Delta Dental of Alaska.*

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**To enroll:** Call 503-948-5548 or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com).

[modahealth.com](http://modahealth.com)