

➤ Depression Care program



**Meet Anna\*,  
37, who was  
diagnosed with  
depression.**

Anna had always been a bubbly person, but when she was diagnosed with a medical problem, her outlook started to change. Soon, she wanted to sleep all day and barely took care of basic daily needs, like brushing her teeth. She cried daily and started isolating herself from her friends. Eventually, Anna met with a doctor, who diagnosed her with depression.

When she first called her Health coach, Julie, Anna wasn't sure if phone coaching would help. But within a few weeks she began to feel hopeful again. Julie helped Anna make lifestyle changes to alleviate her depression and get her health back on track. Gradually, Anna returned to normal.

Anna is happy she enrolled in phone coaching. By the end of the program, she felt like herself again.

*\*Name has been changed.*

Are you struggling  
with depression?  
We can help.

**As a participant in  
our Depression Care  
program, you will:**

- Work one-on-one with a trained health coach over the phone or via email.
- Set goals and learn how to achieve those goals.
- Track your progress to better health.

**Get results.**

Coaching is easy!

**Phone:** 503-948-5548  
877-277-7281  
(TTY users, please dial 711)

**Email:** careprograms@  
modahealth.com



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