

> Care programs

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.

[over >](#)



To enroll:

Call 877-277-7281 or email careprograms@modahealth.com. TTY users, please call 711.



Delta Dental of Oregon & Alaska

modahealth.com

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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.

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

Are there women's health issues that concern you? If so, talk with a health coach about matters like:

- > Breast cancer and self-exams
- > Heart attack symptoms
- > Changes related to menopause
- > And much more

If you're expecting, a health coach can give you information and support to help you have the best possible experience during and after your pregnancy.