

➤ Momentum, for a healthier you

## Plug into 'Momentum,' your healthy living dashboard

Take charge of your health – and follow your progress. It's easy with Momentum, Moda Health's interactive wellness tool. Use it on myModa to find your way to a healthier you.

Keep better tabs on your health with Momentum! This secure healthy-living platform lets you identify health risks, set goals and see improvements.

Log in 24/7 to:

- Take a health assessment and learn your "health age"
- Set goals and track your progress
- Read wellness articles and research symptoms or conditions
- Access healthy, nutritious recipes

### Get your health age

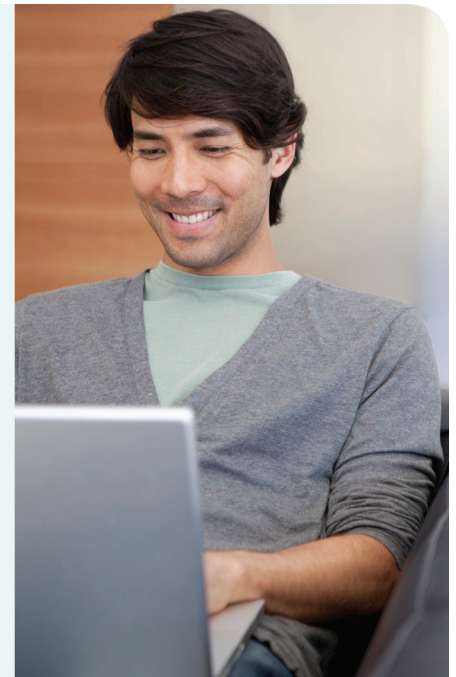
Are you 50 but feel more like 35? Find out by taking a health assessment through Momentum. You'll learn how your "health age" differs from your actual age and see which tests, screenings and lifestyle changes make sense for you. Share the results with your doctor to build a personalized wellness plan.

### Log in to myModa

Visit [modahealth.com](http://modahealth.com) to log in to your myModa account.

If you don't have an account, creating one is easy. With your member ID card handy, follow the prompts to enter your information.

Then, look for the Momentum link to launch your personal health assessment.



### Questions?

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

Moda, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

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）

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

