

› Women's health and maternity care

Stay healthy and informed about your health – particularly on issues that affect you as a woman. You can get one-on-one health coaching through our Women's Health and Maternity Care program.

Maternity care

Are you thinking about having a baby, are you currently pregnant or a new mother? A Moda Health coach is available to answer questions, offer support and work with you one-on-one through our Maternity Care program.

Cancer education and support

When you or a loved one is diagnosed with cancer, it affects everyone involved. Some cancers are more common in women. Moda Health provides education to help you learn more about these cancers and how to prevent them. We also offer support if you have already been diagnosed.

Heart health

The risks and symptoms of heart disease are very different in women than in men. Learn more about heart health and how to prevent heart attacks and stroke. A Moda Health coach can help you identify ways to reduce your risk and stay healthier longer.

Partner with your coach

When you work with your health coach, you create a partnership. Together, you'll discuss your goals and create a plan of action that feels good to you. Your coach will give advice or information when you ask for it, but you will decide what to work on and how it will be achieved.

As a participant in health coaching, you will:

- › Work one-on-one with a trained health coach over the phone or via email.
- › Receive ongoing support on your journey to better health.
- › Develop personal health goals.



The journey to health is life-long

It's all about simple, everyday steps – becoming more involved in your health, accepting responsibility for making informed healthcare decisions and pursuing a healthy lifestyle. Moda Health encourages you to get support in your health as a member – but more importantly, as a woman.

Log in to your myModa account at modahealth.com to access information about women's health and maternity care.



Health plans in Oregon provided by Moda Health Plan, Inc. Dental plans in Oregon provided by Oregon Dental Service. 6112517 (01/14) HCS-1500_OR