

> Care programs

**Together, we'll find
the way to better health.**

If you have a chronic condition, it can be challenging to manage it so that you feel your best. But you don't have to do it alone. We offer specialized care programs that guide you through your condition with one-on-one support from a health coach.

With Moda Health, you and your eligible dependents have access to our care programs, including:

- > Cardiac Care
- > Dental Care
- > Depression Care
- > Diabetes Care
- > Lifestyle Coaching
- > Respiratory Care
- > Spine & Joint Care
- > Women's Health & Maternity Care

As a participant in one of our care programs, you'll receive one-on-one support from a Moda health coach, who will help you design a plan of action and show you how to track your progress to better health. Along the way you'll receive incentives, as well as advice and information whenever you need it.

Cardiac Care program

Heart disease is the leading cause of death in America, but there are many lifestyle changes that can reduce your risk. When you enroll in our Cardiac Care Program, you'll take a personal risk assessment that will aid your health coach in working with you to manage your specific needs.

Dental Care program

Studies show a link between good oral health and overall wellness. When you enroll in our Dental Care program, a health coach will work with you one-on-one to assess your oral health and explore ways to improve upon it, from establishing good oral health habits to communicating with your dentist.

[over >](#)

moda
HEALTH



To enroll: Call 503-948-5548 or email careprograms@modahealth.com.

modahealth.com

> Care programs

Depression Care program

We know it's challenging to work through depression, but there is help. As a member in the Depression Care program, your health coach will guide you through self awareness and management of symptoms, and support you on your path to feeling better.

Diabetes Care program

Are you confused about the best way to control your diabetes? One of our health coaches can teach you how to reduce the complications associated with diabetes, set and achieve goals, and track your progress toward better health.

Lifestyle Coaching program

Explore your health and any lifestyle changes you are considering with a professional health coach, who can advise you on a wide variety of topics, including:

- > Nutrition
- > Sleep
- > Stress
- > Physical activity

Respiratory Care program

As a member of this program, our health coaches will work with you to identify your asthma triggers, set goals, track your progress and help provide the support you need to feel your best and breathe easier.

Spine & Joint Care program

You'll work with a coach to address spine and joint disorders, as well as acute and chronic pain to learn about anatomy and informed decision making. You'll also work with your coach to create a plan of modified, joint-sparing activities and techniques to use at home or work. You'll be supported as you work with your provider on stretching and strengthening exercises, relaxation techniques, diet, weight and medication management.

Women's Health & Maternity Care program

As an expectant mother enrolled in this program, you'll get the support and information you need both during and after your pregnancy. You can also talk one-on-one with a health coach about any women's health topic, including breast self-exams, prenatal care, breastfeeding and heart attack symptoms. Whether you are 19, 99 or somewhere in between, a Moda health coach is available to talk with you.



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.

902979 (03/13) HCS-1124