



Explore a better  
experience with your  
***health insurance***

Moda 360 + Member perks

**moda**  
HEALTH



# Personalize your care with **Moda 360!**

Use your **Moda 360 Member Dashboard** to access benefits and member perks to connect with expert care and support to feel your healthy best.

Navigating the healthcare system can be complicated. We make it easy by putting you at the center of everything we do.

This brochure includes details about the programs available to you through your medical and dental benefits. To access these programs, log in to your Member Dashboard and explore all the tools, resources and special programs that can help you be your healthy best!

Built into your health plan, your **Moda 360 Member Dashboard** includes information on your benefits and member perks. It also connects you to the expert care and support you need for a better healthcare experience.

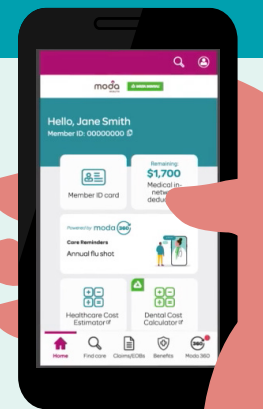


To get started, go to the **Moda 360** tile on your Member Dashboard home page.

Or **download the free Moda 360 app** from your app store or Google Play and connect to care – no matter where you are.

[Log in to your Member Dashboard](https://modahealth.com/memberdashboard) at [modahealth.com/memberdashboard](https://modahealth.com/memberdashboard)

**Don't have an account?** Creating one is easy. Go to the Member Dashboard login page and select "Create an account" to enter your information. Be sure to have your member ID card handy.



# Find *mental health support* that's right for you

As you manage all the responsibilities in your life, you might find yourself in need of someone to help you find the right mental health care and support.



## Our *Behavioral Health 360* program gives you different ways to access mental health support.

Whether you prefer the personal guidance of a **Behavioral Health Champion** or the privacy of taking a **Self-Guided Assessment**, your Member Dashboard makes it easy to find the mental health support that's right for you.

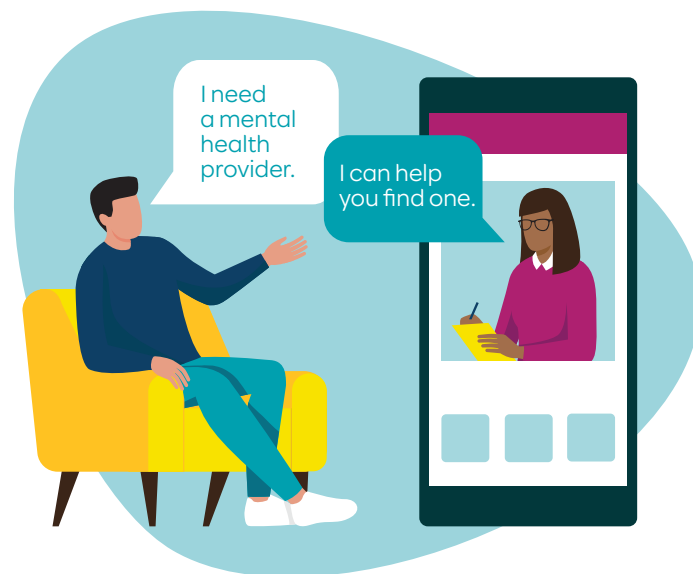
To get started, go to the **Behavioral Health 360** tile on your Member Dashboard home page to:

- Connect with a Behavioral Health Champion
- Complete a Self-Guided Assessment



Our **Behavioral Health Champions** help you explore your treatment options and quickly find local providers that suit your personal healthcare needs. They can help you:

- Find the right type of care you need
- Find a local provider that's a good match for you
- Make the process easy, quick and convenient
- Even after you're set up with care, they'll follow up with you to see how you are doing



To ensure you find the right care and support, we partner with **specialized mental health providers** that have the expertise to meet your specific needs.

## **Personalized mental healthcare, *anytime***

**Spring Health** gives you and your family members access to telehealth services via phone, tablet or computer, including:

- Mental health therapy
- Psychiatry
- Care navigation
- Digital cognitive behavioral therapy

The standard mental health cost share would apply.



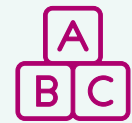
## **Mobile therapy with ongoing therapist support**

**Meru Health** is a holistic mental healthcare solution for depression and anxiety. The 12-week empowerment and support program provides:

- Continuous access to a personal, remote therapist
- Biofeedback training
- Lessons and practices to improve sleep and nutrition
- Proven techniques to change unwanted thoughts and habits

The standard mental health cost share would apply for the initial evaluation call. After the initial evaluation, the program is available to you at no cost.





### On-demand support for children with developmental disabilities

For children with autism and other developmental disorders, **Gemiini** offers language and behavioral skills development support, including:

- Discrete video modeling
- On your schedule
- Proven techniques
- Access in rural areas

The standard mental health cost share would apply.



### Compassionate care for substance use disorder

**Hazelden Betty Ford** offers an array of resources to help you and your family recover from substance use disorder and mental health conditions. Committed to diversity, equity and inclusion, they offer:

- Enhanced coaching and case management
- Anonymous and confidential treatment
- Family education and support
- Comprehensive website library

The standard substance use cost share for treatments would apply.



### Barrier-free therapy, your way

**Cyti Psychological** offers high-quality, online therapy from the convenience of home anytime, anywhere, including:

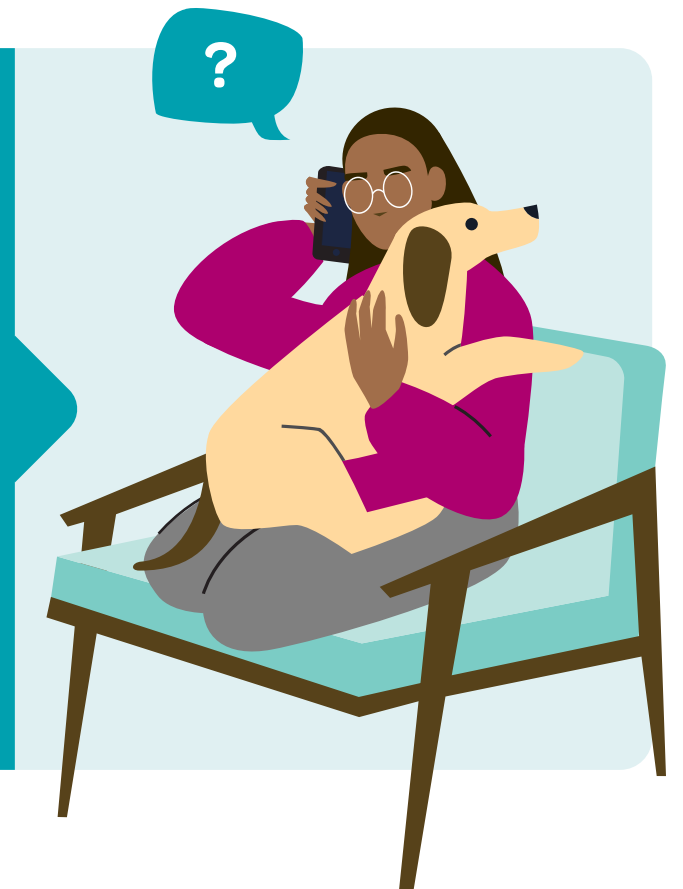
- Telehealth based
- Appointments within 24-48 hours
- Founded on evidence-based research
- Therapy for individuals, couples, families and teens

The standard mental health cost share would apply.



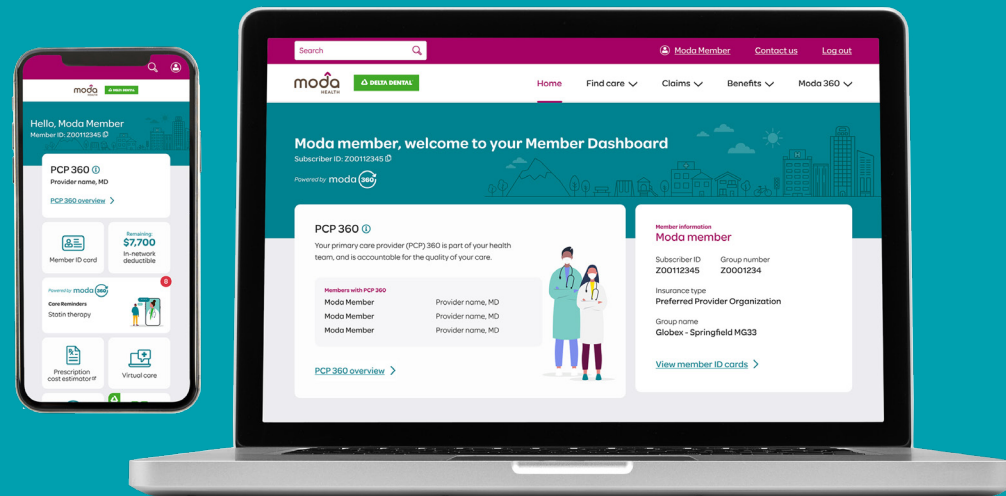
### If you need more support, they're here for you.

To talk to a Behavioral Health Champion, call 833-212-5027, email [bhchampions@modahealth.com](mailto:bhchampions@modahealth.com) or log in to your **Member Dashboard**.



# Unleash the power of *your Member Dashboard*

Your dashboard includes other tools and resources to help you stay your healthy best. Take advantage of these extra member perks to:



## Text a doctor *in seconds*

Access care in less than a minute with **CirrusMD** – at no cost to you.\* A nationwide telehealth service, you can connect with a doctor in seconds from any computer or mobile device with the CirrusMD app.

Scan the QR code and download CirrusMD app to see how easy it is to connect!



\*Members on medical plans 6 or 7 are subject to the deductible. Once deductible has been met there is no member cost share.

**CIRRUS MD**



## Virtual primary care

 **NEW starting 10/1/2024**

**Teladoc**  
HEALTH

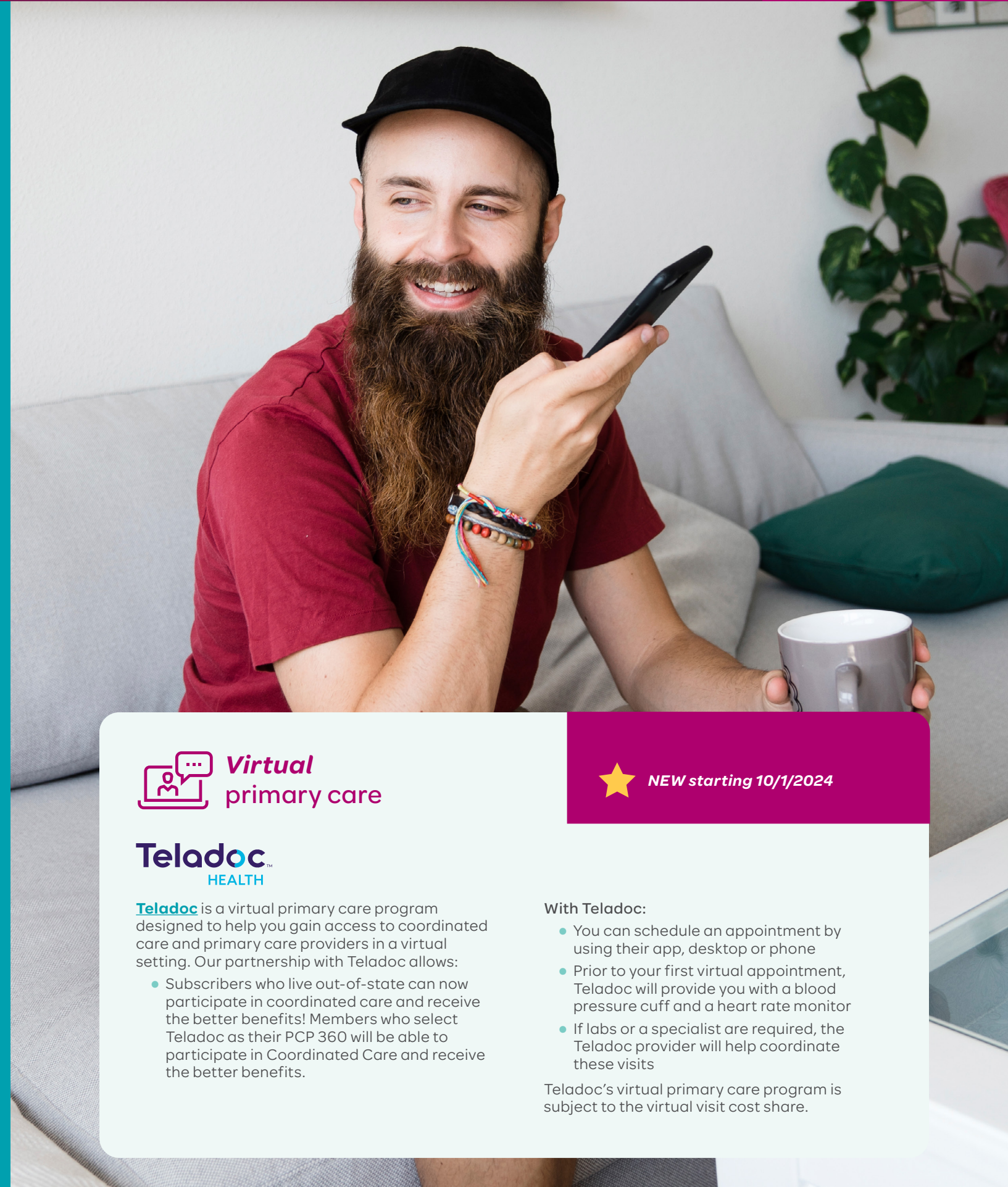
**Teladoc** is a virtual primary care program designed to help you gain access to coordinated care and primary care providers in a virtual setting. Our partnership with Teladoc allows:

- Subscribers who live out-of-state can now participate in coordinated care and receive the better benefits! Members who select Teladoc as their PCP 360 will be able to participate in Coordinated Care and receive the better benefits.

With Teladoc:

- You can schedule an appointment by using their app, desktop or phone
- Prior to your first virtual appointment, Teladoc will provide you with a blood pressure cuff and a heart rate monitor
- If labs or a specialist are required, the Teladoc provider will help coordinate these visits

Teladoc's virtual primary care program is subject to the virtual visit cost share.





### Relieve aches and pains from the comfort of *your home*

**Sword** is an online care program for back, joint and muscle pain, available at no cost to you. It teams you with a licensed physical therapist and easy-to-use technology. Customized to your goals and abilities, you can:

- Chat with the dedicated physical therapist anytime
- Track your progress and adjust your program as needed
- Get real-time feedback through motion trackers and a tablet
- Complete convenient exercise sessions for pain relief

Scan the QR code and download the Sword app to get started.



★ NEW starting 10/1/2024



### Learn your risk of breast cancer

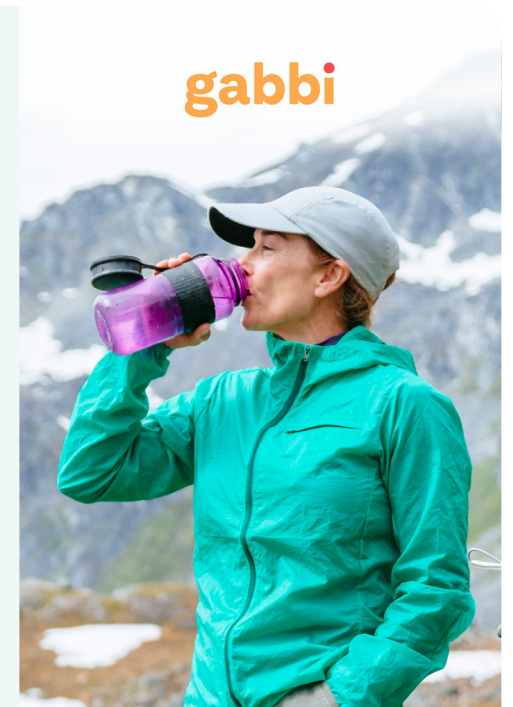
Gabbi's mission is to make late-stage breast cancer obsolete by ensuring all women know their risks and have access to early detection. Through **Gabbi**, you can download their app and take their digital breast cancer risk self-assessment.

Once you've completed their self-assessment, Gabbi will determine the level of care needed:

- Gabbi's clinical team will work with you to prescribe the right care at the right time
- Their care team will work with you to help find the best in-network care options, too

Gabbi's risk assessment and concierge service is available at no cost to you.

Scan the QR code to get started.



★ NEW starting 10/1/2024



### Virtual *weight management* program

**Mighty Health** is a virtual all-in-one platform focused on helping adults lose weight, reduce pain, and improve mobility and function, at no cost to you. This program offers:

- Initial and weekly check-ins
- A lifestyle plan guided by doctors
- Short, interactive health lessons
- Live and on-demand exercise routines like Chair Yoga and Low-Impact Aerobics
- A nutrition plan for your culture, including a grocery list, recipes, cooking classes and food journaling

Visit [mightyhealth.com/moda-oebb](https://mightyhealth.com/moda-oebb) to learn more!



★ NEW starting 10/1/2024



### Find a health coach *just for you*

Chronic conditions such as diabetes, heart disease, obesity, mental health and hypertension are rising, impacting physical and emotional wellbeing. **Our health coaches** know how lifestyle changes can improve overall health and can even reverse or prevent challenges. In personalized one-on-one sessions, our trained health coaches work with you to:

- Fully understand your condition with individualized support and education
- Set achievable health goals with tailored care plans
- Gain tools and knowledge to take control of your health
- Implement lasting behavior changes for better health outcomes

Scan the QR code to learn more.



## Lower your risk of type 2 diabetes

Prediabetes is a serious health condition that can lead to type 2 diabetes, heart disease and stroke. Our 12-month **Prediabetes (Pre-D) program** offers members at higher risk of developing type 2 diabetes tools to reduce your risk and make long-lasting lifestyle changes for better overall health – at no cost to you.

If you qualify, you'll get support from certified lifestyle coaches and other resources to guide you on your journey to a healthier lifestyle, including:

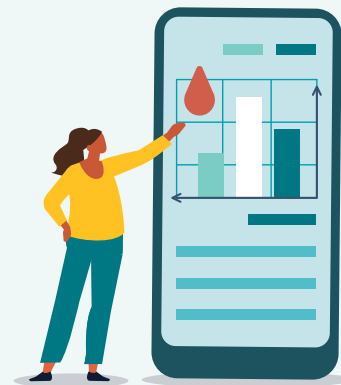
- 22 virtual, real-time group coaching sessions with a certified health coach
- A free Fitbit device and smart scale to track your progress
- No copays or deductibles for in-network nutritionist or dietician visits
- Skills to lose weight, be more physically active, and manage stress

Your health coach is there to guide and support you throughout the program. They'll connect you to additional resources like Weight Watchers for weight loss and Meru Health for mental health support. *Spanish material and translation services for other languages are available.*



Scan the QR code to take the online survey to see if you qualify.

To learn more, please call **833-212-5028** or email [predprogram@modahealth.com](mailto:predprogram@modahealth.com). TTY users, please dial 711.



## Diabetes management programs

### Livongo

**Livongo's** diabetes management program helps you manage diabetes with digital blood glucose readings and phone support, at no cost to you. The program includes:

- A smart meter that automatically uploads blood glucose readings
- Unlimited strips and lancets shipped to you at no extra cost
- 24/7 expert coaching via phone text and the Livongo app for nutritional and lifestyle guidance

### virta

**Virta Health** can help you reverse type 2 diabetes and lose weight through dietary changes, at no cost to you. Virta's medical team and health coaches support you every step of the way with a personalized program and nutrition plan tailored to your lifestyle.



To check your eligibility for these programs, call the Moda 360 Health Navigators or log in to your [Member Dashboard](#)





## Extra dental care for those who need it

Our **Health through Oral Wellness**® program offers extra dental benefits for members who need extra care on their pearly whites. If you're at a higher risk of oral disease, you may qualify for additional care all year round, including:



Cleanings



Fluoride treatments



Sealants



Periodontal maintenance



And more

### Follow these easy steps to see if you qualify:

- 1** To find participating providers in the Health through Oral Wellness program, they'll have a green badge shown here in [Find Care](#).

Registered provider badge icon
- 2** Talk to your dentist about the program. If they're not registered, ask them to call our provider line at **844-663-4433** to learn how to sign up. Once registered, they can perform your clinical oral health risk assessment and let you know if you qualify. The exam uses a set of algorithms to determine your risk score. If your risk score is between 3-5, you may be eligible to receive additional dental benefits throughout the plan year.
- 3** [Learn more](#) about the program and take a free oral health risk self-assessment. You can choose to share your results with your dentist to start the conversation.

### Questions?

We're here to help. For questions, email the Moda Health Dental Customer Service team at [OEBBquestions@modahealth.com](mailto:OEBBquestions@modahealth.com) or call **866-923-0410** to learn more. TTY users, please dial 711.



[modahealth.com/oebb](https://modahealth.com/oebb)



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