

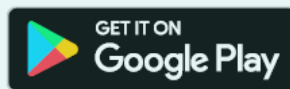
MODA'S ROAD MAP

TO NEURODIVERGENT AND MENTAL WELL-BEING RESOURCES

Moda 360 Member Dashboard

Our Moda 360 Member Dashboard includes a wide variety of tools, such as access to specialized programs just for you, access to timely personalized care reminders to stay on top of your preventive care, and the ability to chat live with a Health Navigator.

These tools and more are now available on our app by downloading the Moda 360 mobile app from your app store or visiting our [website](#) and logging into your [Member Dashboard](#).



Conditions and resources-

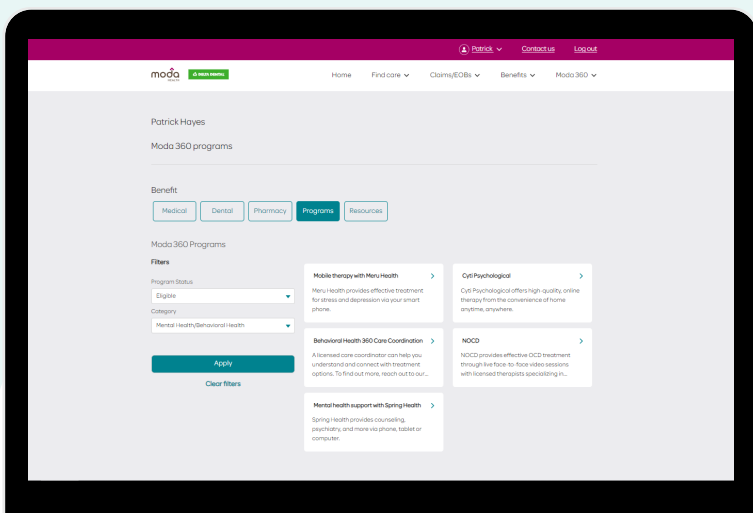
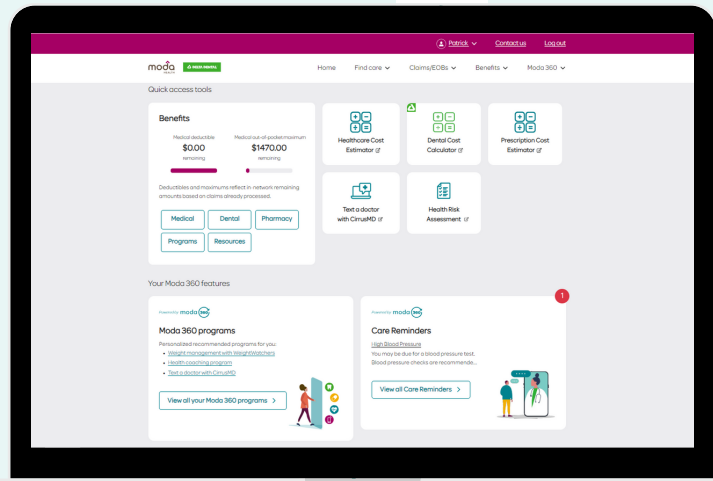
Condition	Resources
Obsessive-compulsive disorder (OCD)	NOCD
Autism, Auditory Processing Disorder, Speech Delays, Learning Disabilities, Down Syndrome.	Check out Find Care to see find an in-network provider near you. https://www.modahealth.com/ProviderSearch/faces/webpages/home.xhtml
Anxiety	Meru , Spring Health , Cyti Psychological
Eating disorders (Anorexia Nervosa, Bulimia Nervosa, Binge Eating)	Equip
Attention-Deficit Disorder (ADD)/Attention-Deficit Hyperactivity Disorder (ADHD)	Spring Health , Cyti Psychological
Bipolar Disorder	Spring Health
Trauma	Spring Health , Cyti Psychological
Rejection Sensitivity Dysphoria	Spring Health , Cyti Psychological
Borderline Personality Disorder	Portland DBT Institute , The DBT Clinic

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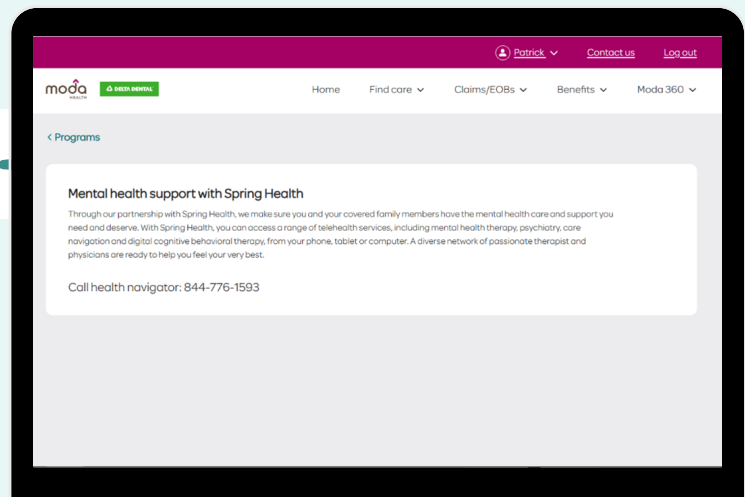
1 MODA'S MEMBER DASHBOARD

Start by logging into your Moda Health Member Dashboard online or through our app. Here you will find the top three programs that are right for you now.



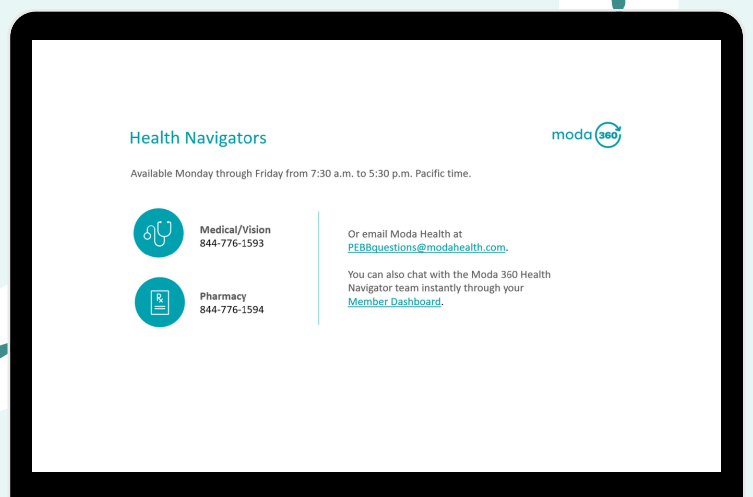
2 EXPLORE!

Look for the “Moda 360 Programs” tab to explore all of our programs; this tool gives you the ability to filter your search by “behavioral health” or “mental health” to assist you in finding specific programs that fit your needs. If you believe you need additional support, we encourage you to contact a healthcare professional or a Moda Health Navigator for assistance.



3 NEED MORE INFO?

When you click on the program, it will provide a brief description of what the program is and how to enroll.



4 FIND WHAT RESOURCES THAT WORK FOR YOU!

If you have any questions, you can reach a Health Navigator at **844.776.1593**, by e-mail at PEBBcustomerservice@modahealth.com, or by logging into your [Member Dashboard](#).