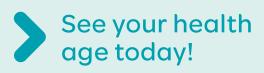


You may be younger than you think.

Complete your Health Assessment (HA) to see if your health age is lower than your actual age, and get a personalized report.

To take the HA, log in to myModa, your personalized member website, at modahealth.com. Once you've signed in, simply click on "Momentum."





Moda Health offers free one-on-one health coaching for members.

Call 877 277 7281 or email careprograms@modahealth.com. (TTY users, dial 711.)

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