



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.

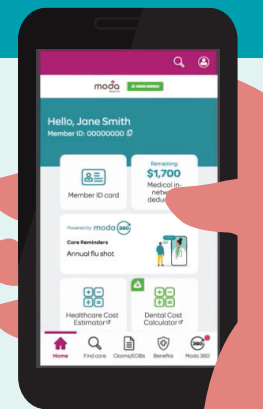


To get started, go to the **Moda 360** tile on your Member Dashboard home page.

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 at 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

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.

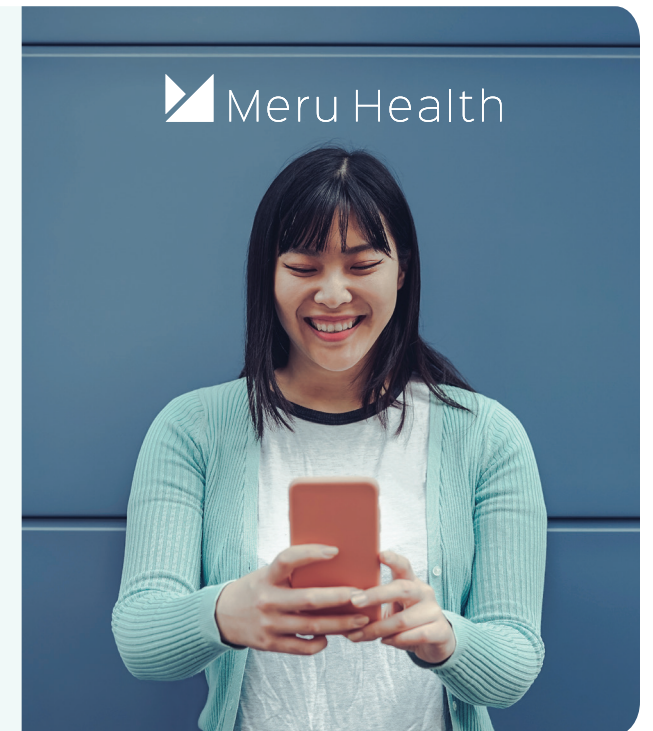


Mobile therapy with ongoing therapist support

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.





Compassionate care for substance use disorder

You can get personalized care for drug and alcohol addiction through any of our in-network treatment facilities, including the [Hazelden Betty Ford Foundation](#). Hope is here for achieving long-term sobriety. Experts at the foundation provide clinical care, education and research in addiction prevention, treatment and recovery.

Find out more about the Hazelden Betty Ford Foundation or use our [provider search](#).

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:

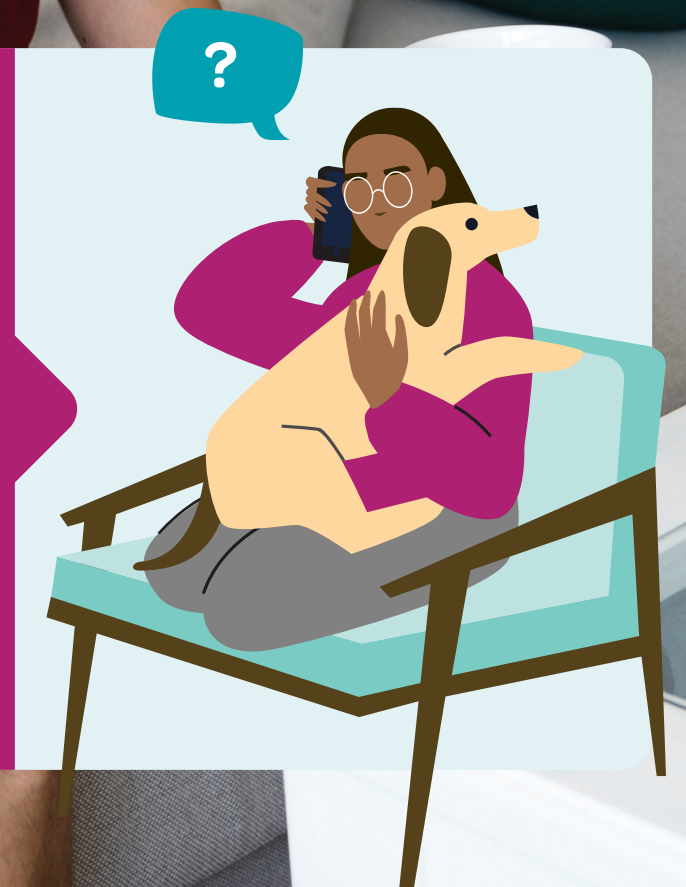
- Telehealth based
- Appointments within 24-48 hours
- Founded on evidence-based research
- Therapy for individuals, couples, families and teens

The standard mental health cost share would apply.



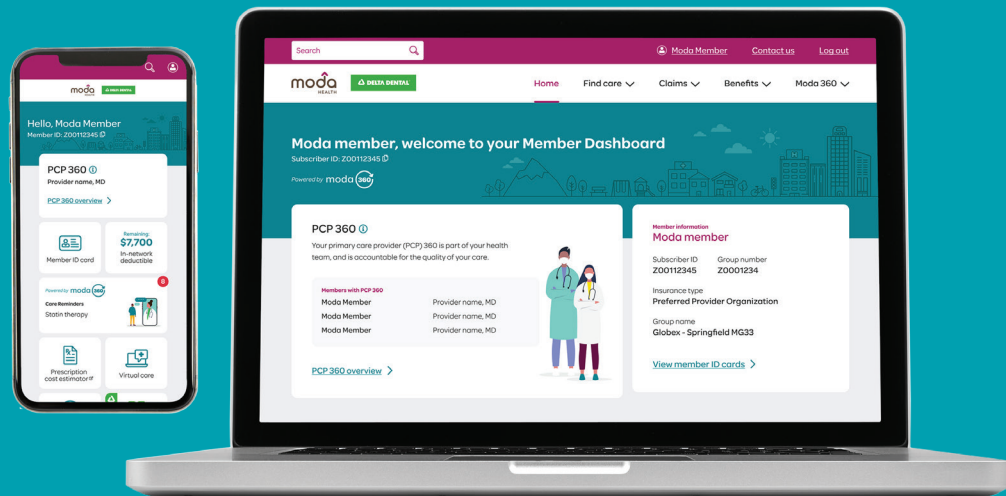
If you need *more support*, they're here for you.

To talk to a Moda 360 Health Navigator, call 844-776-1593, email PEBBcustomerservice@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!



CIRRUS MD



Virtual primary care

 *NEW starting 1/1/2025*

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.

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.

all-in-one digital wellness community

Sprout offers an all-in-one digital wellness community designed to help you build healthy habits on your well-being journey, at no cost. Download the app and get ready to set goals, be active, take part in company-wide challenges, and start connecting with your colleagues from anywhere. This easy-to-use app helps you stay motivated and participate in ways that are just right for you.





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 1/1/2025**



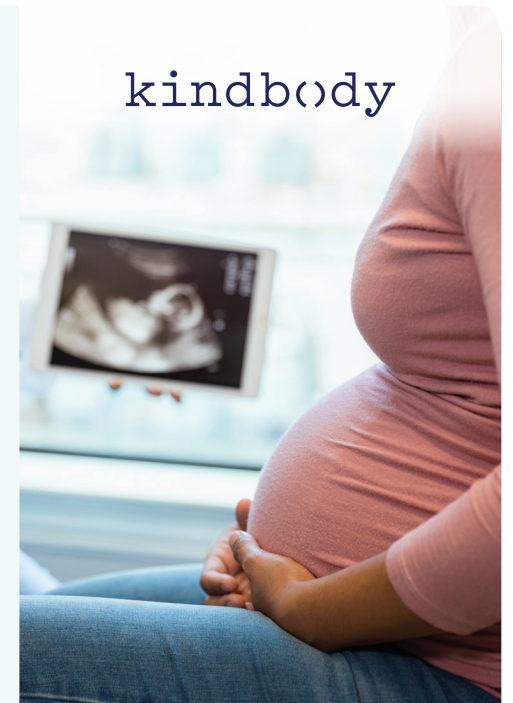
Access to fertility and family-building *resources*

Kindbody is a leading fertility clinic network that provides access to fertility and family-building resources, concierge and care navigation for egg freezing, intrauterine insemination (IUI), and in-vitro fertilization (IVF).

Your Care Navigation Team and Kindbody Portal will help you with:

- Understanding your coverage options
- Navigating your fertility journey
- Support and direct you on how to access care when you need it
- Assist in booking appointments
- Review results and next steps for your care plan
- Access educational content and video tutorials

Kindbody Care Navigation and portal are available at no cost to you. However, other fertility services are subject to the standard fertility cost share.



★ **NEW starting 1/1/2025**



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 www.mightyhealth.com/moda-pebb to learn more!



★ **NEW starting 1/1/2025**




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.





Diabetes management programs

Teladoc HEALTH

Moda has partnered with [Teladoc](#) to offer PEBB members access their Diabetes Management Program and Diabetes Prevention Program.

Teladoc's [Diabetes Prevention Program](#) is available to eligible members at no cost.

This program includes:

- An advanced smart scale and app
- Track your weight, food, and activity all in one place
- One-on-one coaching
- Received unlimited, tailored advice on nutrition, activity, and more
- Guidance and goals

To see if you are eligible, visit the Teladoc website or contact Teladoc Member Services anytime at **800-945-4355**.

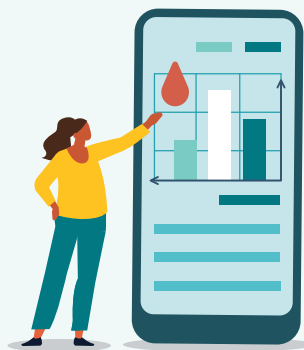
Teladoc's [Diabetes Management Program](#) helps you manage diabetes with digital blood glucose readings and phone support, at no cost to you.

This 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 [Teladoc 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 PEBBcustomerservice@modahealth.com or call **833-681-2117** to learn more. TTY users, please dial 711.

modahealth.com/pebb



Health plans provided by Moda Health Plan, Inc. Dental plans in Oregon provided by Delta Dental of Oregon. Moda Health, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, religion, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711). CHÚ Ý: Nếu bạn nói tiếng Việt, có dịch vụ hỗ trợ ngôn ngữ miễn phí cho bạn. Gọi 1-877-605-3229