

Moda's Wellness Resources for OEGBB Members

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Moda 360 – Health Navigators

- Moda 360 Health Navigators will help the member navigate the sometimes-complex healthcare system
- Every time you call the Moda Health OEBB member phone number **(866-923-0409)**, you will be connected with a Moda 360 Health Navigator.
- The Health Navigator will not only answer any questions you may have but also help you with:
 - Appointment scheduling support
 - Connecting you with care programs
 - Assistance with prior authorizations
 - Selecting a PCP 360
 - Claims and provider billing support



Behavioral Health 360 Program



- Effective October 1, 2022, OEGB members have access to a behavioral health program that gives members a whole new way to access mental health support
- Our dedicated Behavioral Health Champions bring all the support and tools you need for mental wellness directly to you
- Members can use our dedicated Behavioral Health 360 Champions to help you find the right mental health balance and support
- Behavioral Health Champions can help you:
 - Access a local mental health professional that's right for you
 - Verify provider availability and schedule appointments
 - Get the care and support you need quickly and easily
 - With follow-up connections to make sure you have what you need and are getting the care and support you need
- OEGB members can access a dedicated Behavioral Health 360 Champion through:
 - Logging into their Member Dashboard at modahealth.com/memberdashboard OR
 - By emailing the Behavioral Health Champion directly at bhchampions@modahealth.com OR
 - By phone at 833-212-5027 (TTY: 711)

Moda's Behavioral Health 360 Program con't



- Moda has three new partners under the Behavioral Health Program:
 - Spring Health
 - Access to virtual mental health services via phone, tablet or computer
 - Get matched with experienced providers in your exact area in an average of 2 days
 - Spring Health will create a personalized care plan and assess areas you need help with
 - Gemiini
 - Assists children with autism and developmental disabilities
 - Uses play-based learning system
 - Therapies include language, speech, reading, life skills, and social and behavioral skills
 - Hazelden Betty Ford
 - Substance use and addiction aid
 - For adults and youth
 - Nationwide

Moda's Pre-D: Diabetes Prevention Program (OEBB)

- Members who engage in the Pre-D program can decrease their risk for chronic conditions such as heart disease, stroke and developing Type II Diabetes
- The program is available to members who are at least 18 years old
- Members can take a short risk survey located on the OEBB website, modahealth.com/oebb which can assist in identifying if you are at risk for developing Type II Diabetes
- The Pre-D Program is offered virtually and is included in your health benefits at no cost to you if you qualify
- Pre-D program participants will also receive:
 - A 12-month program led by a trained Lifestyle Coach with 26 virtual, real-time group coaching sessions
 - A CDC- approved curriculum with techniques to help make lasting lifestyle changes
 - Visits with an in-network Nutritionist included at no cost while actively engaged in the Pre-D program
 - A free Fitbit device mailed to your home to help track your progress in the program
- Members are encouraged to contact our Pre-D Program at (833) 212-5028 or email predprogram@modahealth.com to get additional information or enroll in the program

Livongo – Diabetes Management Program (OEBC)

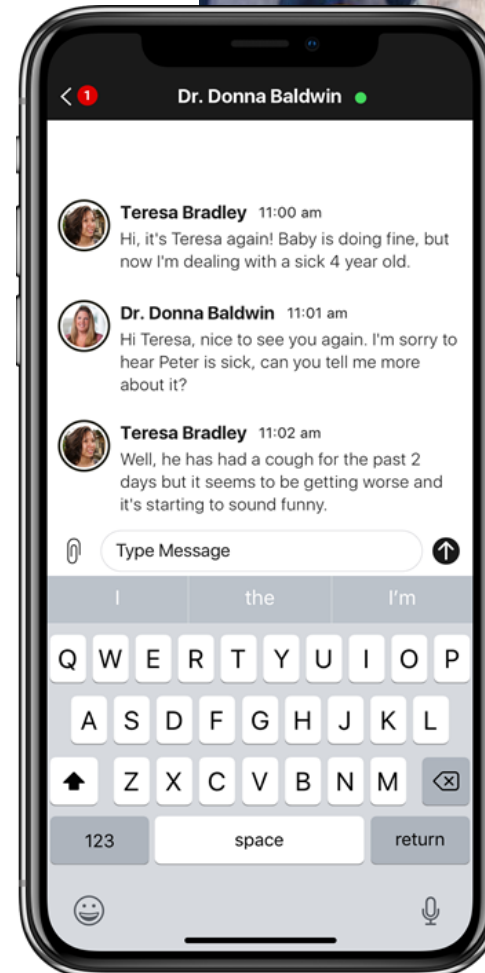


- This is an invitation only program – all eligible members who qualify receive an invite and the program is at no cost sharing to Moda members who do qualify
- Get tools and coaching support to manage your weight goals and develop long-term healthier habits
- Program benefits include:
 - An advanced blood glucose meter that helps you track and monitor blood sugar levels digitally
 - Unlimited testing strips and lancets ordered directly from the glucose meter or through the app all delivered right to your front door
 - 24/7 real-time support for out-of-range readings
 - Alerts can be set up and sent to providers, family members and coaches (if member approves)

CirrusMD



- The CirrusMD app connects you with a doctor via text, 24/7 with no cost-sharing for members*
 - *Effective 10/1/22, CirrusMD visits for members on the High Deductible Health Plan (Medical Plan 6 or 7) will be subject to the deductible. After the deductible has been met, no member cost sharing will apply.
- The app allows you to:
 - Ask urgent or general health questions
 - Message, share photos or video chat
- Provides convenience and flexibility, and is available in all 50 states
- Providers can also prescribe medications
- Can access through Member Dashboard or the CirrusMD website cirrusmd.com/modahealth



Sword – Virtual Physical Therapy



- Sword, a digital-based physical therapy care program that can treat all major musculoskeletal (MSK) conditions
- It's programs are proven to help members overcome back, joint or muscle pain all from the comfort of their home
- Sword pairs you with a physical therapist who will create an individualized program, adjust it as progress is made, check in with coaching and advice and is available to chat with member at any time.
- Available to all OEBC members at no member cost.
- Visit the link for additional information or to enroll: join.swordhealth.com/OEBC/register

How it works



1
Your dedicated physical therapist designs an exercise program just for you.



2
Sword will ship you a tablet and motion sensors to guide you and provide real-time feedback.



3
Complete your exercise sessions at home when it is convenient for you.



4
Your physical therapist is there to support you virtually and is available at any time.

We've got a health coach just for you!

As a Moda Health member, you have access to a valuable, personalized benefit to help you manage and improve your health. The Moda Health Coaching Program is available at no cost to you as part of your benefits!

You can work one-on-one, confidentially, with a health coach to:

- Set sustainable health goals and move toward them in ways that work best for you
- Better understand your health and how to advocate for yourself
- Manage ongoing health issues like diabetes
- Make healthy changes to manage diet, exercise, stress and more

Health coaching takes place by phone, which makes it easy to connect from just about anywhere.



Get started!

Let us know how and when to contact you by completing a short survey at modahealth.com/hc or by scanning the QR code below with your smart phone. Then, a health coach will reach out to discuss next steps.

Questions?

Please call 855-466-7155 Monday through Friday from 8:00 a.m. to 4:00 p.m. Pacific time, or email healthcoachteam@modahealth.com.

Moda Partners, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, 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 (TTY: 711). PAUNAWA: Kung nagpasalita ka ng Tagalog, ang mga sarbitayong tulug sa wika, ay walang bayad, at magagamit ma. Tumawag sa numerong 1-877-605-3229 (TTY: 711).



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Telephonic Health Coaching

- You can work one-on-one, confidentially, with a health coach to:
 - Set sustainable health goals and move toward them in ways that work best for you
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 - Manage ongoing health issues like diabetes
 - Make healthy changes to manage diet, exercise, stress and more
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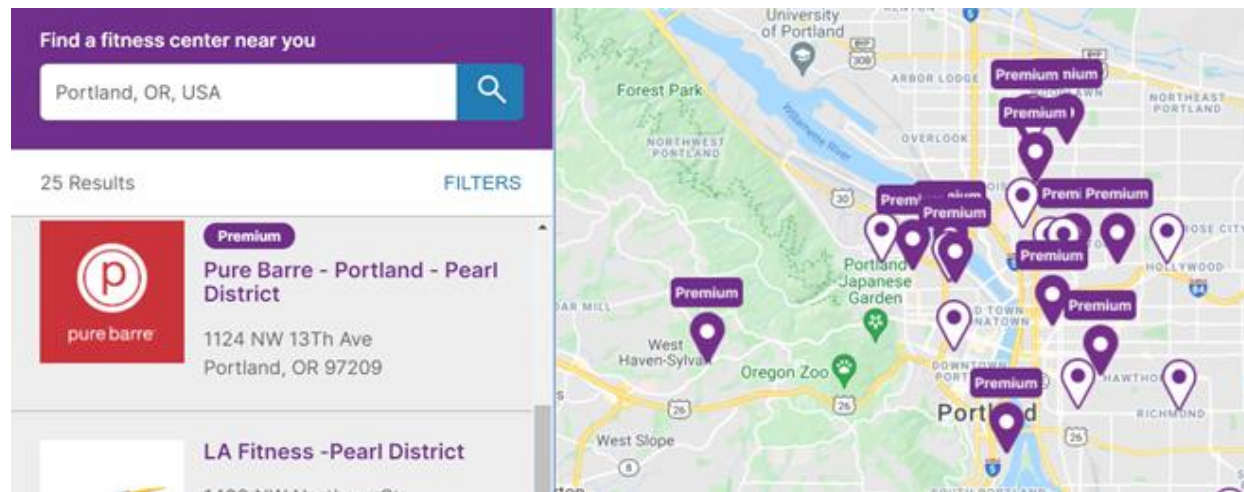


healthcoachteam@modahealth.com

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HEALTH

Active&Fit Direct

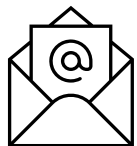
- Members receive discounts on 16,000+ standard and premium fitness memberships and access to 6,500+ workout videos on-demand, starting at \$25/month*. Includes:
 - **Guest passes** to try a gym before joining.
 - **Flexibility** to change gyms at any time or cancel your membership.
 - **Access** to online directories from any device.



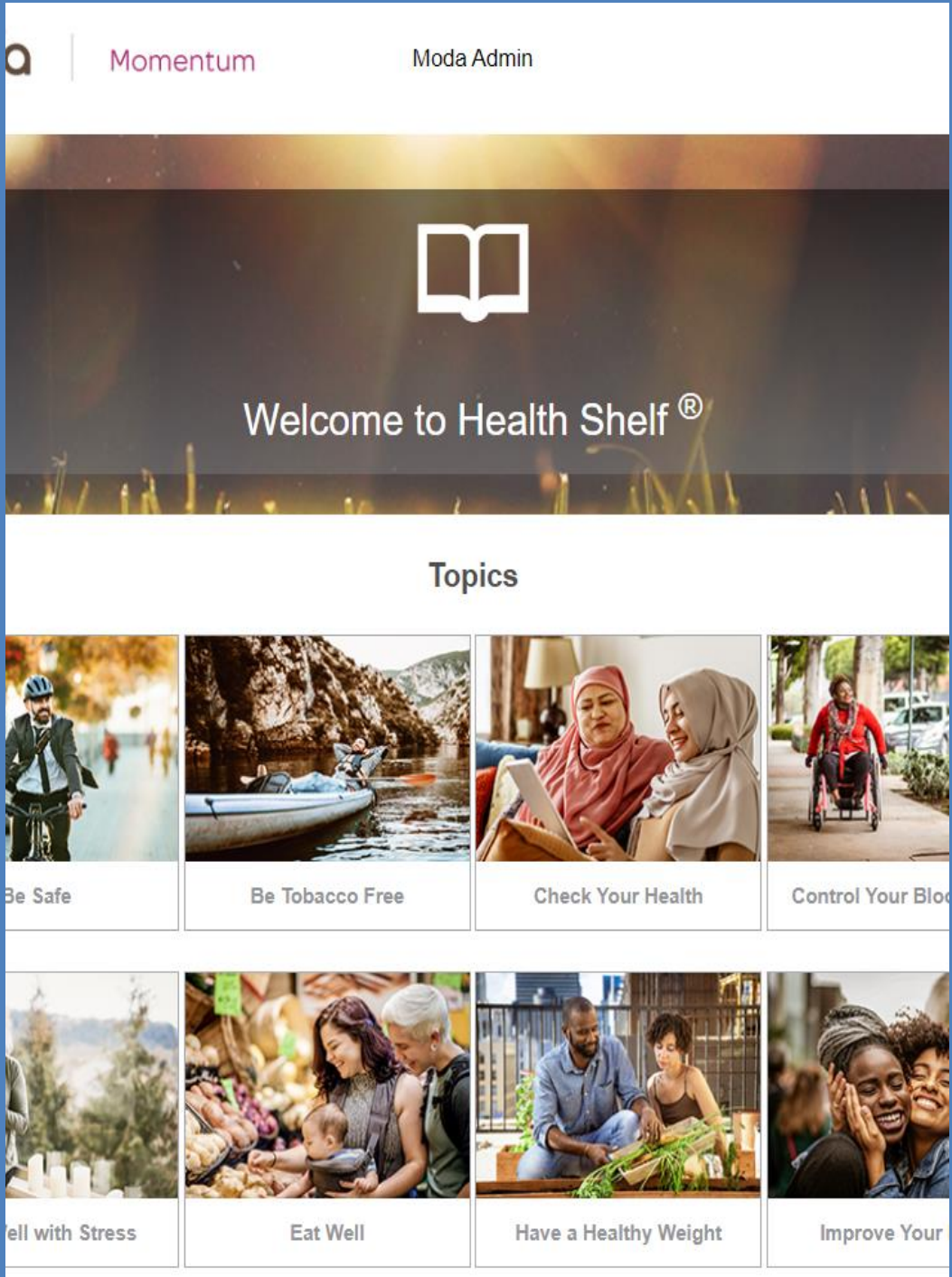
*Starting monthly membership to increase to \$28/month on April 1, 2023

OEBB Wellness Advising Program

- At Moda Health we're committed to promoting a culture of health and well-being for all our members and offer wellness consultants and funding to support happier and healthier workplaces
- Consultants are available to help plan, implement, and sustain a workplace wellness program
- OEBB Wellness Funds available to support entities with their workplace health and wellness efforts. See [website \(https://www.modahealth.com/oebb/members/worksite_wellness.shtml\)](https://www.modahealth.com/oebb/members/worksite_wellness.shtml) for more details
- The following resources and new Moda updates are communicated to OEBB entities monthly



OEBBWellnessProgram@modahealth.com



Health Shelf



Learn more about topics specific to your health



Extensive library of well-being articles, how-to guides, and quizzes



Accessible via Momentum, your HRA platform



Monthly Mini Challenges

Eat the Rainbow Challenge

Did you know that vibrant color in food is a sign of a healthy meal or snack? That's because the bright natural colors in fruits and vegetables represent protective immune-supportive nutrients.

For the next two weeks, track the number of servings you eat of each color in the chart below. Use it as a guide to build your plate and eat the rainbow!

Colors	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

Access free health coaching

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email healthcoachteam@modahealth.com.



modahealth.com

10-Day Water Challenge

What nutrient can boost skin health, help deliver oxygen to your body, and improve your focus and brain function? The answer makes up 60% of our body -- WATER!

The benefits that come from water are endless, which is why drinking enough water daily is so important.

For the next 10 days, the goal of this challenge is to drink at least 64 oz. (or eight 8-oz. glasses) of water daily.

Tips to drink more water:

- Keep a reusable water bottle with you
- Set reminders to drink more water
- Drink one glass of water before each meal
- Drink one glass of water when you first wake up and before bed
- Flavor your water by adding fruit (lemons, limes, cucumber, etc.) to it

Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Instructions:

Fill in a drop for each glass you drink.

Goal:

For the next 10 days, the goal of this challenge is to drink at least 64 oz. (or eight 8-oz. glasses) of water daily.

Access free health coaching

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email healthcoachteam@modahealth.com.



modahealth.com

Access the Monthly Mini Challenges on the Moda Health [website](http://www.modahealth.com).

https://www.modahealth.com/employers/wellatwork/activity_calendar.shtml



Moda Wellbeing Newsletter



Welcome to Moda Wellbeing, a newsletter designed to share seasonal recipes, resources, and tips to build happier, healthier workplaces.

Mindful Moment Mindset Matters Bingo Challenge

In honor of Mental Health Awareness Month, Moda Health created the Mindset Matters Bingo Card challenge, based on our [Pillars of Health & Wellness](#). The challenge encourages engagement in activities that prioritize mental well-being, including movement, nutrition, sleep, social, and even financial health. Remember, you are important, and it's important to take time for self-care.

Click [here](#) to download the Mindset Matters Bingo Card.

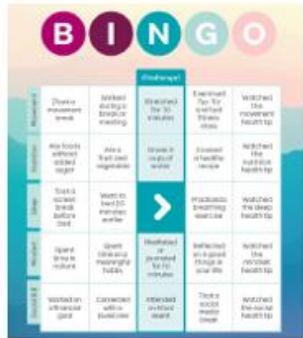
[Movement Pillar Health Tip](#)

[Nutrition Pillar Health Tip](#)

[Sleep Pillar Health Tip](#)

[Mindset Pillar Health Tip](#)

[Social Pillar Health Tip](#)



Let's Learn! Resource Spotlight



Movement & Mental Health

Chronic stress can produce a number of undesirable responses in the body, including increased feelings of anxiety, fatigue, and tension. Regularly stretching has been shown to reduce mental tension and, when combined with mindful breathing techniques, may also help to decrease anxiety and depression.

Click [here](#) to read more from the American Council on Exercise.

Additional Resources: Total Body Stretching Warm-Up ([WebMD](#)), Total Body Stretching* ([Moda Health](#))

*By signing up and/or participating in a Moda Health class, you agree to our guidelines [here](#).



Sleep & Mental Health

Sleep is a critical component of overall well-being. It doesn't just heal your body; it heals your mind. A good night's rest can change how you interact with the world by elevating your mood and improving your concentration. But in our fast-paced world, increased feelings of stress and anxiety can prevent people from tapping into the healing power of sleep. This is where mindfulness comes in! Mindfulness can set the stage for sleep by allowing you to be more aware of your thoughts and to be able to let go of those anxieties instead of getting stuck on them.

Click [here](#) to read more from Mindful, and click [here](#) try a 10-minute breathing meditation by Calm.

Additional Resources: 12 Months of Better Newsletter: Sleep ([Moda Health](#))

The Moda Wellbeing Newsletter can be accessed on the [Moda Health website](#).

Explore wellness resources

Tips to promote healthier, happier workplaces

Engaging mini-challenges

Featured seasonal recipes

Better Bites Baked Mustard-Crusted Salmon

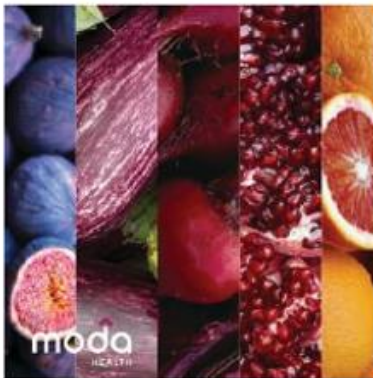
Salmon is one of the most nutritious foods on the planet! This popular fatty fish is loaded with nutrients that may reduce risk factors for several diseases, and a growing number of studies suggest that including salmon in your diet might improve brain function. It's also tasty, versatile, and widely available. ([Healthline](#))

Ingredients

- 1 bunch of thin asparagus, trimmed
- 3 tbsp olive oil, divided
- ¼ tsp kosher salt, divided
- ½ tsp freshly ground black pepper, divided
- 4 (6-ounce) skin-on salmon fillets
- 8 tsp country-style or whole-grain Dijon mustard
- 3 tbsp panko (Japanese breadcrumbs)
- ¼ tsp smoked paprika
- 2 tbsp fresh tarragon, chopped



Community Connections Nutrition & Your Mood



When it comes to your mental health, there may be more to the old adage "go with your gut" than you think. That's because our gut is connected to our brain, courtesy of one of the largest nerves in our body - the vagus nerve. This wandering nerve goes straight from our brain to our gut, infusing other vital organs along the way. So, when your stomach is upset or doesn't have the proper nutrition, it can influence how you feel.

For example, foods like fruits, vegetables, fiber, and healthy fats fuel the gut's bacteria (also known as the microbiome), contributing to healthy gut bacteria while removing deficiencies to support mental health. At the same time, limiting or replacing sugar and processed foods with healthy alternatives can help you maintain stable blood sugar. Together, they are good for coating our nerves and helping our brain function appropriately.

Click [here](#) to read more about how proper nutrition affects mood.

Moda 360 Health Navigators



Available Monday through Friday from 7:30 a.m. to 5:30 p.m. Pacific time.



Medical/Vision
866-923-0409



Pharmacy
866-923-0411



Dental
866-923-0410

Or email Moda Health at OEBBquestions@modahealth.com.

You can also chat with the Moda 360 Health Navigator team instantly through your [Member Dashboard](https://www.modahealth.com/memberdashboard) (<https://www.modahealth.com/memberdashboard>).

Thank you

