



Behavioral Health

As an ODS member with medical coverage, the ODS Behavioral Health program offers you resources for mental health and substance abuse treatment.

If you're an ODS member with medical coverage, and you have questions about mental health or drug and alcohol treatment you can turn to the ODS Behavioral Health program.

ODS Behavioral Health can also help you if you are struggling with symptoms of depression or anxiety brought on by the difficulties of managing an ongoing medical condition such as diabetes or asthma.

GET A REFERRAL

You can call ODS Behavioral Health for referral to one of more than 2,200 behavioral health providers in Oregon and southwest Washington. We help meet your individual needs, finding providers by language, ethnicity and more than 50 clinical specialties.

FOLLOW-UP AFTER HOSPITALIZATION

ODS Behavioral Health works with you and your provider to ensure timely appointments after hospitalization, reducing the risk of re-admission.

CASE MANAGEMENT

Licensed clinicians act as a personal ODS advocate for step-by-step navigation through the treatment process. ODS Behavioral Health case managers work closely with nurse case managers to ensure appropriate care.

For more information about ODS Behavioral Health, please call 503-624-9382 or toll-free 800-799-9391 (TTY 800-433-6313). Or, e-mail us at behavioralhealth@odscompanies.com.



BEHAVIORAL HEALTH COACHING PROGRAMS

ODS Behavioral Health offers two health coaching programs for personalized support in between office visits.

If you have been diagnosed with depression and are already receiving treatment, you can enroll in the ODS Depression Care program.

If you need help with physical activity, sleep, nutrition or managing stress, the ODS Lifestyle Coaching program will help you on your journey to better health.

As a participant in either health coaching program, you will:

- › Work one-on-one — at your convenience — with a trained health coach over the phone or via e-mail.
- › Receive ongoing support on your journey to better health
- › Develop personal health goals and track your progress

ENROLL TODAY

To enroll in one of the ODS Behavioral Health Coaching programs, please call 503-948-5548 or toll-free 877-277-7281 (TTY 800-433-6313). Or, contact the programs via e-mail at careprograms@odscompanies.com.

www.odscompanies.com