



Take charge of your health

At ODS, we know health conditions can be challenging. That's why we offer seven specialized care programs designed to help you get the one-on-one attention you need to manage and improve your health.

As an ODS member you have access to seven care programs, which help you manage medical conditions including:

- Cardiac Care
- Depression Care
- Diabetes Care
- Lifestyle Coaching
- Respiratory Care
- Spine & Joint Care
- Women's Health & Maternity Care

When you or your eligible dependents enroll in a care program, you will receive one-on-one support from an ODS health coach, who will provide customized guidance so you can take charge of your health.

CARDIAC CARE PROGRAM

Heart disease is the leading cause of death in America, but there are many lifestyle changes that can reduce your risk. When you enroll in the Cardiac Care Program, you'll take a personal risk assessment that will aid your health coach in working with you to manage your specific condition.

DIABETES CARE PROGRAM

Are you confused about the best way to control your diabetes? One of our health coaches can teach you how to reduce the complications associated with diabetes, set and achieve goals, and track your progress toward improving your health.

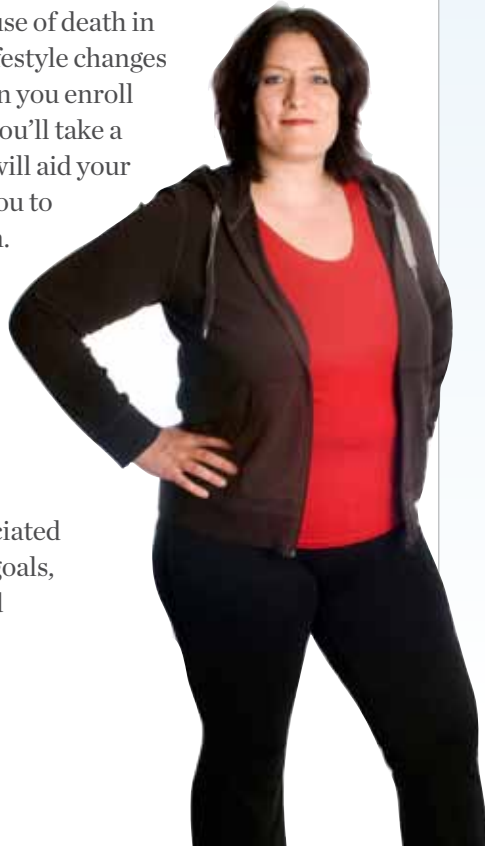
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HOW DOES IT WORK?

As a participant in one of our ODS care programs you will:

- > Work one-on-one — at your convenience — with a trained health coach over the phone or via email.
- > Set goals and learn how to achieve those goals.
- > Learn how to effectively manage your condition.
- > Receive educational materials, answers to questions and self-management tools.
- > Track your progress to better health.
- > Receive incentives for participation.
- > Receive mailings with screening reminders, health education and information about your medications.



To enroll in an ODS care program, please call 503-948-5548 or 877-277-7281 (TTY users should dial 711). Or, email careprograms@odscompanies.com.



DEPRESSION CARE PROGRAM

We know how challenging it is to work through depression, but there is hope. As an enrollee in the Depression Care program, your health coach will guide you through self awareness and management of depression symptoms and support you on your path to feeling better.

RESPIRATORY CARE PROGRAM

As a member of this program, our health coaches will work with you to identify your asthma triggers, set goals, track your progress and help provide the support you need to feel your best and breathe easier.

WOMEN'S HEALTH AND MATERNITY CARE PROGRAMS

As an expectant mother enrolled in this program, you'll get the support and information you need both during and after your pregnancy. You can also talk one-on-one with a health coach about any women's health topic, from breast self-exams to prenatal care, from breastfeeding to heart attack symptoms. Whether you are 19, 99 or somewhere in between, an ODS health coach is available to talk with you.

ODS staff members protect the privacy and security of confidential information in accordance with all applicable federal and state laws.

Insurance products in Oregon provided by ODS Health Plan, Inc. Health plans in Washington provided by ODS Health Plan, Inc.

LIFESTYLE COACHING PROGRAM

Explore your health and any lifestyle changes you are considering with a professional health coach, including:

- Nutrition
- Sleep
- Stress
- Physical activity

Your health coach creates a partnership with you to discuss your goals and create a plan of action that feels good to you. Your coach will give advice or information when you ask for it, but you will be the one to decide what you want to work on and how you will achieve it.

SPINE AND JOINT CARE PROGRAM

You will work with coaches in the areas of spine and joint disorders as well as acute and chronic pain to learn about spine and joint anatomy and informed decision making. You will also work with your coach to create a plan of modified, joint-sparing activities and techniques to use at home or work. You will be supported as you work with your provider on stretching and strengthening exercises, relaxation techniques, diet and weight management, and medication management.

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