

# Start feeling better today



Connect with a health coach to find the support you need.

If you're struggling with depression, we can help. As a participant in our Depression Care program, you'll work one-on-one with a health coach by phone or email. It's all free and confidential. Your coach will listen to your concerns and walk you through your options, so you can decide what's best for you.

#### Your coach will help you:

- > Make an action plan
- > Set your own health goals
- > Keep track of your progress
- > Find resources about your unique needs

#### You'll learn more about:

- > What causes depression
- > How exercise may help
- > The role nutrition plays
- > Building a support network
- > Talking to your doctor and other providers

#### Questions?

We're here to help. Call us toll-free at 877-277-7281 or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com). TTY users, please call 711.



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