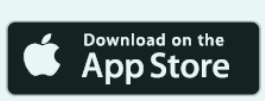


# MODA'S ROAD MAP

TO NEURODIVERGENT AND MENTAL WELL-BEING RESOURCES

## Moda 360 Member Dashboard

The Member Dashboard features a Behavioral Health Self-Guided Assessment, Behavioral Health Resources, and a contact form to reach the Behavioral Health Champions. These tools and more are now available on our app by downloading the Moda 360 mobile app from your app store or visiting our [website](#) and logging into your [Member Dashboard](#).



## Behavioral Health Self-Guided Assessment

The Behavioral Health Self-Guided Assessment walks you through a series of questions to help you identify the best fit for behavioral health resources. The tool offers personalized recommendations based off your responses, crisis resources, and an invitation to contact a Behavioral Health Champion if you would like additional assistance.

## Conditions and resources-

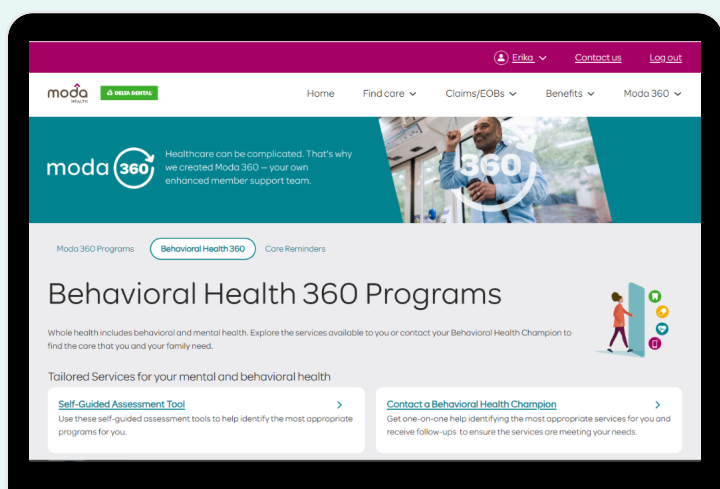
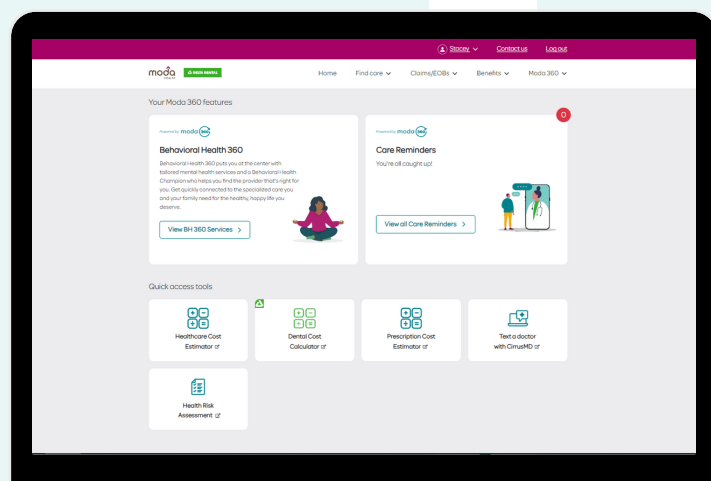
Condition	Resources
Obsessive-compulsive disorder (OCD)	<a href="#">NOCD</a>
Autism, Auditory Processing Disorder, Speech Delays, Learning Disabilities, Down Syndrome.	Check out <a href="#">Find Care</a> to see find an in-network provider near you. <a href="https://www.modahealth.com/ProviderSearch/faces/webpages/home.xhtml">https://www.modahealth.com/ProviderSearch/faces/webpages/home.xhtml</a>
Anxiety	<a href="#">Meru</a> , <a href="#">Spring Health</a> , <a href="#">Cyti Psychological</a>
Eating disorders (Anorexia Nervosa, Bulimia Nervosa, Binge Eating)	<a href="#">Equip</a>
Attention-Deficit Disorder (ADD)/Attention-Deficit Hyperactivity Disorder (ADHD)	<a href="#">Spring Health</a> , <a href="#">Cyti Psychological</a>
Bipolar Disorder	<a href="#">Spring Health</a>
Trauma	<a href="#">Spring Health</a> , <a href="#">Cyti Psychological</a>
Rejection Sensitivity Dysphoria	<a href="#">Spring Health</a> , <a href="#">Cyti Psychological</a>
Borderline Personality Disorder	<a href="#">Portland DBT Institute</a> , <a href="#">The DBT Clinic</a>

# MODA'S ROAD MAP

TO NEURODIVERGENT AND MENTAL WELL-BEING RESOURCES

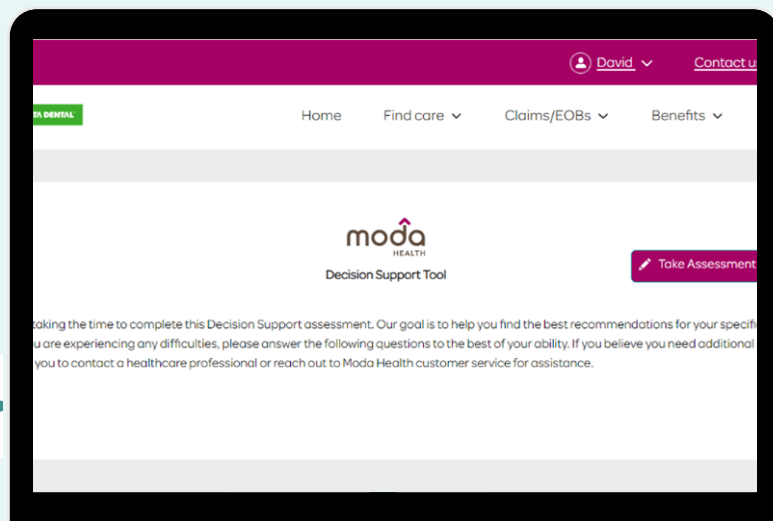
## 1 MODA'S MEMBER DASHBOARD

Start by logging into your [Moda Health Member Dashboard](#) online or through our app where you can find the “Behavioral Health 360 Tile.”



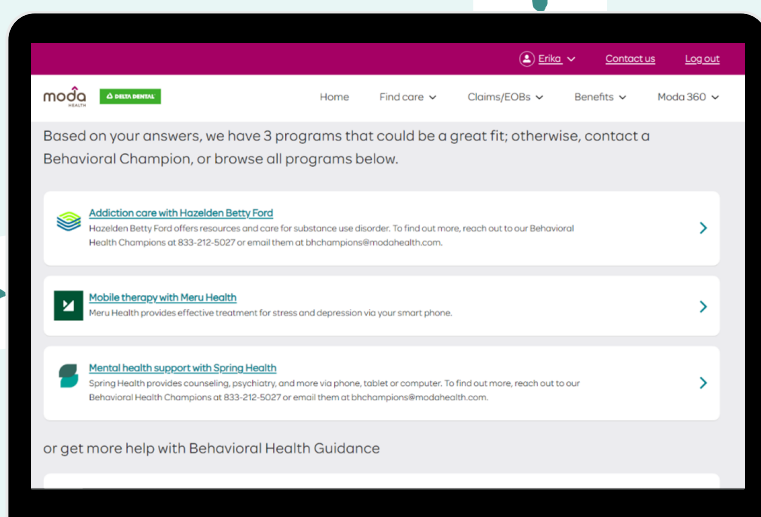
## 2 TAKING THE ASSESSMENT

Once you click on the tile, you will be directed to the “Behavioral Health 360 Programs” tab where you will find a link for the “Behavioral Health Self-Guided Assessment.”



## 3 TAKING THE ASSESSMENT

Once you have located the “Behavioral Health Self-Guided Assessment” click the link to begin and answer each question to the best of your ability. Our goal is to help you find the best recommendation for your specific concerns. If you believe you need additional support, we encourage you to contact a healthcare professional or reach out to a Behavioral Health Champion for assistance.



## 4 AFTER COMPLETING THE ASSESSMENT

Once you have completed the survey, we will recommend programs and resources that could be a great fit for you based off of your responses. You can reach a Behavioral Health Champion at **833-212-5027** or by e-mail at [bhchampions@modahealth.com](mailto:bhchampions@modahealth.com)