

Benefits to help you feel better

Get to happier days sooner, with a little help from us.

Need a referral?

If you have a Moda Health medical plan, our Behavioral Health team can refer you to a mental health provider. We can help you find a provider based on language, ethnicity or specialty.

Just call us for support with:

- > Depression
- > Anxiety
- > Drug or alcohol use
- > Other mental health concerns

Case management

Need help sorting things out? One of our licensed clinicians will walk you through the treatment process, step by step. Our Behavioral Health case managers work closely with nurse case managers to make sure you get the best care.

Health coaching

Our Behavioral Health team offers one-on-one coaching. These free, confidential programs make it easy to get personal support between provider visits.

Depression care

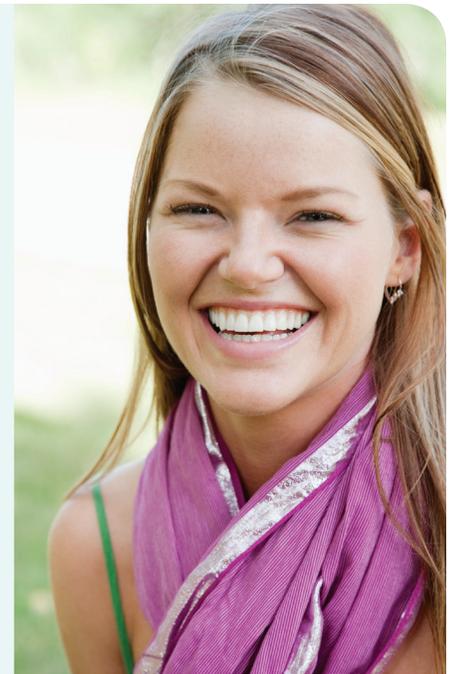
If you've been diagnosed with depression and are already receiving treatment, enroll in this program to get additional support.

Lifestyle coaching

Get an extra hand with exercise, nutrition or managing stress. Our lifestyle coaches will help you set goals and make progress.

As part of either program, you will:

- > Work with a health coach by phone or email when it's convenient for you
- > Set health goals and track your progress
- > Find new ways to better health



Questions?

We're here to help. Call us toll-free at 800-799-9391 or email behavioralhealth@modahealth.com. TTY users, please call 711.



modahealth.com