

Take charge of your healthy potential

Looking for ways to feel better sooner and live well longer? Be Better tools are ready when you are. They're free to members and include a bunch of ways to help you be your best. Use them to create a healthier you!

Get more out of your health plan by tapping into Be Better tools. These care services and online resources are available on your Member Dashboard. Enjoy access to doctors, nurses, health coaches, care coordinators, a healthy living dashboard and more.

Get started with your member dashboard

You'll love everything you can do on your Member Dashboard, like checking benefits, seeing your Member Handbook and accessing Be Better tools.

Visit modahealth.com to log in. If you don't have an account, create one in a flash. With your member ID card handy, follow the prompts to enter your information.



Momentum healthy living dashboard

Take charge of your health – and follow your progress. It's easy with the healthy living dashboard, Momentum, powered by Moda Health. Log in to your Member Dashboard and look for Momentum to:

- Take a health assessment and see your "health age"
- Access health content and resources

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Health coaching

Need a hand with your health? Our health coaches use evidence-based practices to help you set goals and feel your best. You'll also get one-on-one support when you need it. Our eight care programs include:

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



Care coordination and case management

When you're sick, need hospitalization or surgery, or are seriously injured, we'll take some of the work off your plate – so you can focus on healing. Our nurse case managers and care coordinators will help you:

- Navigate the healthcare system
- Communicate and work with your providers to support your care plan
- Understand your benefits
- Arrange medically necessary, covered services ordered by your provider
- Connect with community resources

Questions?

We're here to help. Call us toll-free at 888-445-7413 or email careprograms@modahealth.com. TTY users, please call 711.



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