

Resources for mental health and substance abuse treatment

If you have questions about mental health or drug and alcohol treatment, turn to the Moda Health Behavioral Health program. Behavioral Health can also help if you are struggling with symptoms of depression or anxiety brought on by managing an ongoing medical condition such as diabetes or asthma.

Moda Behavioral Health works with medical plan members to secure the most effective care with the most efficient use of your benefits. We continually monitor developments in treatment technology and research, then recommend best practices to providers.

Choose your provider

Select a behavioral health specialist from more than 3,400 providers in Oregon and southwest Washington. We strive to meet your individual needs, allowing you to search for providers by language, ethnicity and more than 50 clinical specialties.

Timely follow-ups

Moda Behavioral Health works with you and your provider to ensure appointments shortly after hospitalization, reducing the risk of re-admission.

Personal advocates

Our licensed clinicians offer step-by-step navigation through the treatment process. Moda Behavioral Health case managers work closely with nurse case managers to ensure appropriate care.

Coaching programs

Moda offers two behavioral health coaching programs for personalized support in between office visits.

If you have been diagnosed with depression and are already receiving treatment, you can enroll in the Depression Care program.

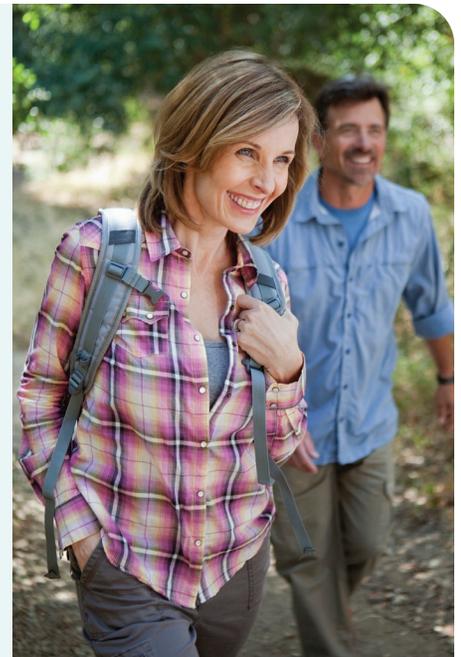
If you need help with physical activity, sleep, nutrition or managing stress, Moda's Lifestyle Coaching program will assist you on your journey to better health.

As a participant in either health coaching program, you will:

- Work one-on-one – at your convenience – with a trained health coach over the phone or via email.
- Receive ongoing support
- Develop personal health goals and track your progress

Enroll today

To enroll the Moda Depression Care Health coaching program, call us toll-free at 888-445-7413 or email careprograms@modahealth.com.



Questions?

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

Moda, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-888-786-7461 (TTY: 711).

注意：如果您說中文，可得到免費語言幫助服務。請致電 1-877-605-3229（聾啞人專用：711）



modahealth.com