

> Women's health

Let us help you live well

If you're like many women, you have your hands full with work, home or family duties. With all your responsibilities, you may be forgetting about someone special – YOU!

Put yourself at the top of the list

As a woman, taking care of yourself is one of the most important things you can do. It's the best way to make sure you can keep going to work, caring for your family and doing the things you love.

Stay healthy, live well

Taking these steps will help you stay healthy and prevent illness:

- > Eat a well-balanced diet and exercise regularly
- > Manage stress
- > Quit smoking and limit alcohol
- > Get recommended screenings – Pap tests, mammograms, chlamydia testing and colorectal screening
- > Stay up to date on vaccinations, including HPV and flu
- > Know your blood pressure and cholesterol levels

Heart health

The risks and symptoms of heart disease are very different in women than in men. Learn more about heart health and how to prevent heart attacks and stroke. A Moda Health coach can help you identify ways to reduce your risk and stay healthier longer.

Women's Health and Maternity Care Program

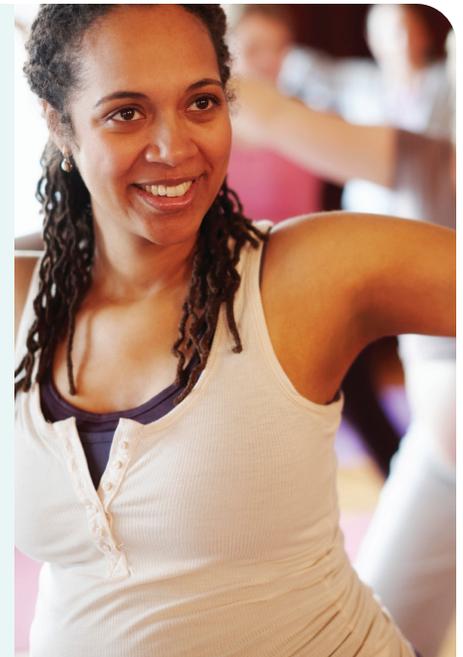
Moda Health coaches are here to help through our Women's Health and Maternity Care program. Whether you're 19, 99 or somewhere in between, a Moda Health coach can provide information and support with your health and wellness.

You and your health coach will work one-on-one over the phone or via email. You'll discuss your health goals and create an action plan that works for you. To learn more about our Women's Health and Maternity Care program, log in to myModa and browse health coaching under the myHealth tab.

The journey to health is life-long

It's all about simple, everyday steps – becoming more involved in maintaining or improving your health, taking responsibility for making informed healthcare decisions, and pursuing a healthy lifestyle.

Moda Health encourages you to take advantage of the support we offer you as a member – but more importantly, as a woman.



Questions?

Please call 888-445-7413 or email careprograms@modahealth.com.

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）



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