

# We've got a health coach just for you!

As a Moda Health member, you have access to a valuable, personalized benefit to help you manage and improve your health. The Moda Health Coaching Program is available at no cost to you as part of your benefits!

You can work one-on-one, confidentially, with a health coach to:

- Set sustainable health goals and move toward them in ways that work best for you
- Better understand your health and how to advocate for yourself
- Manage ongoing health issues like diabetes
- Make healthy changes to manage diet, exercise, stress and more

Health coaching takes place by phone, which makes it easy to connect from just about anywhere.

## Get started!

Let us know how and when to contact you by completing a short survey at [modahealth.com/hc](https://modahealth.com/hc) or by scanning the QR code below with your smart phone. Then, a health coach will reach out to discuss next steps.

## Questions?

Please call 855-466-7155 Monday through Friday from 8:00 a.m. to 4:00 p.m. Pacific time, or email [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com).

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