



Moda Health Wellness Resources



Active&Fit Direct

Members receive discounts on 12,200+ standard and premium fitness memberships and access to on-demand workout videos, starting at \$28/month. To access Active&Fit Direct log into your [Member Dashboard](#).



Pre-D Diabetes Program

Eligible members who participate in the program can decrease their risk for developing Type 2 diabetes at no cost. This year-long, virtual program offers personalized, group health coaching, a free FitBit and smart scale and waives the cost sharing with a nutritionist or dietitian. To see if you are eligible complete the [CDC screening survey](#).



Behavioral Health Champions

Through this support service, members can connect with a Behavioral Health Champion telephonically to assist in accessing mental health care in a timely manner and access available services and tools. To access a Behavioral Health Champion email bhchampions@modahealth.com, call 833-212-5027 (TTY: 711), or log into your [Member Dashboard](#).



Spring Health

Spring Health provides timely mental health care navigation to members and dependents over the age of six. This is provided through care navigation, therapy, coaching and self-guided exercises, presented via telehealth. To access Spring Health log into your [Member Dashboard](#).



Health Coaching

Eligible members can work confidentially with a health coach, available at no cost, to set sustainable health goals and move toward them in ways that work best for you. You will better understand your health, how to advocate for yourself, and self-manage ongoing health issues. Since health coaching takes place by phone or video, it's easy to connect from just about anywhere. For more information, contact healthcoachteam@modahealth.com or call 800-913-4957.



Quit for Life

An effective tobacco cessation program with one-on-one telephonic sessions, tools, and online resources assisting members in quitting and maintaining. This service is provided to Moda members at no cost. To access Quit for Life log into your [Member Dashboard](#).



Sprout at Work

Sprout at Work is an all-in-one digital wellness community designed to help you build healthy habits on your well-being journey. The easy-to-use app helps you stay motivated and participate in ways that are just right for you. To access Sprout at Work log into your [Member Dashboard](#).



Wellness Webinars & On-Demand Workshops

Live monthly webinars & on demand workshops on various wellness related topics hosted by our OEBC wellness consultants. Wellness webinars and workshops are available to all OEBC members regardless of insurance carrier. To browse previous recordings and register for upcoming webinars, go to our [wellness website](#).



Teledoc Health Diabetes Management

Teledoc's Diabetes Management Program helps you manage diabetes with digital blood glucose readings and phone support, at no cost to you. Access Teledoc Health via your [Member Dashboard](#).



CirrusMD

This is a chat-based virtual care program that allows members to connect with doctors through secure text, photos, and video chat (24 hours, 7 days a week) at no cost.* To access CirrusMD log into your [Member Dashboard](#).

*Members on the Medical Plans 6 or 7 must meet their deductible first before the no cost sharing applies.



Meru Health

Digital based therapy program, providing members with an alternative model to traditional therapy. This is offered through a 12-week therapy program, to help members experiencing depression, anxiety and burnout. To access Meru Health log into your [Member Dashboard](#).



Gemini

This partner service provides resources and support for children with autism spectrum disorder and other developmental disorders. Services include evidence-based videos and personalized coaches, which support the child's development and help families maximize their resources. To access Gemini log into your [Member Dashboard](#).



Hazelden Betty Ford

Personalized care for drug and alcohol addiction through any in-network treatment facilities, including the Hazelden Betty Ford Foundation. Foundation experts provide clinical care, education and research in addiction prevention, treatment and recovery. To access the resources available, go to <https://moda-help.hazeldenbettyford.org>.



Garner

You have access to Garner™ which connects you with trusted, high-quality doctors and reimburses you for out-of-pocket medical costs. When you see a Garner Top Provider, you can get reimbursed for out-of-pocket medical costs up to \$700 on an individual plan and up to \$1,400 for a family plan. Save on doctor visits, imaging, lab work, prescriptions and more! Access Garner at <http://app.getgarner.com>.