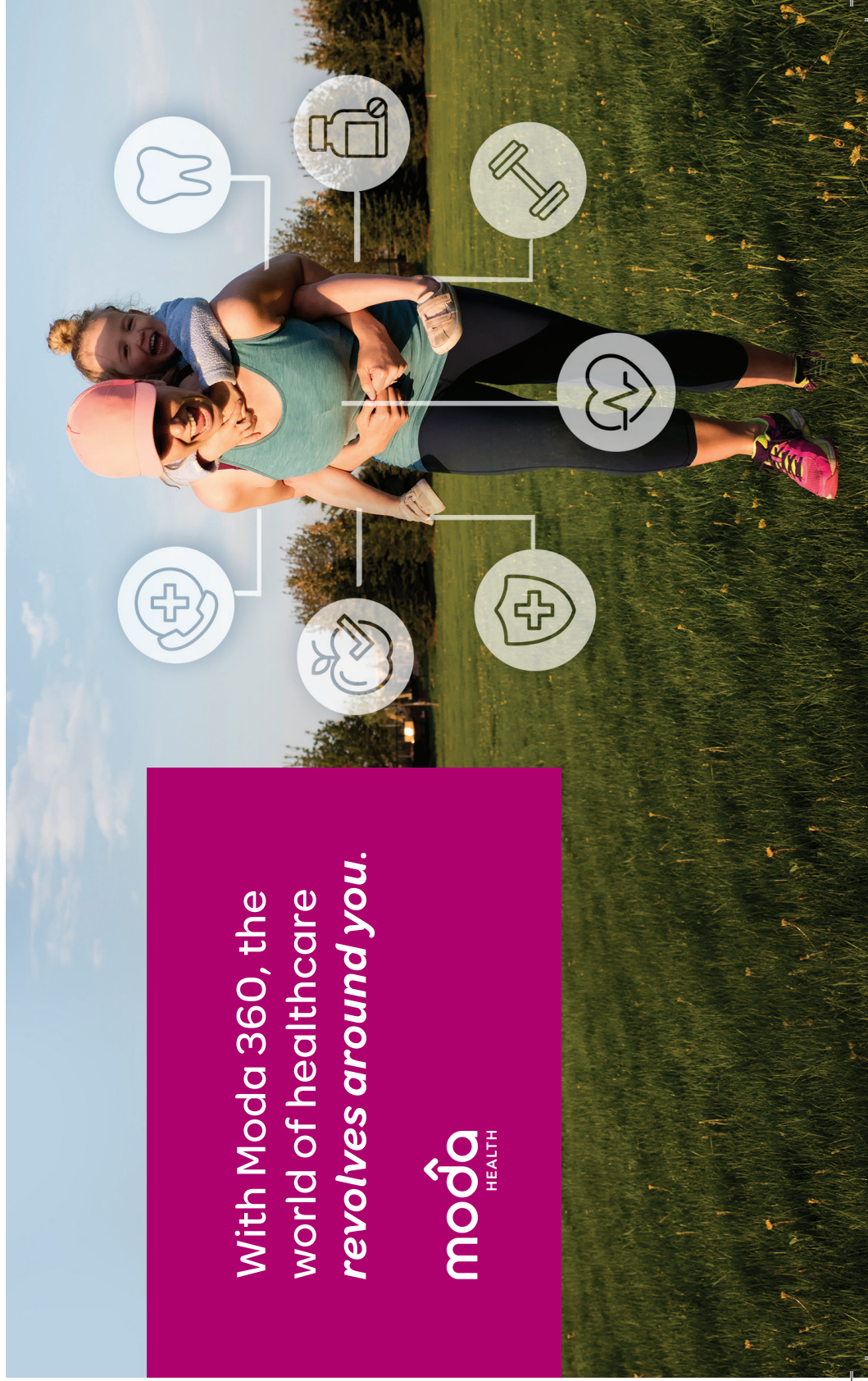




P.O. Box 3550  
Portland, OR 97208

PRSRT STD  
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PORTLAND, OR

With Moda 360, the  
world of healthcare  
*revolves around you.*



# Healthcare can be complicated. That's why we created **Moda 360**.

## Start using Moda 360!

Contact a Moda 360 Health Navigator at 866-923-0409, 844-776-1593

## Here's how it works

Every time you call Moda Health, you will be connected with a Moda 360 Health Navigator. The Health Navigator will not only answer any questions you may have, but will also serve as your guide to connect you with the care, resources and programs that will work best for you.

## Moda 360 Health Navigators can help you with:

- Access to personalized support for many chronic conditions
- Coordination with your PCP 360, as well as help finding in-network providers and specialist. They can also help you set up appointments.
- Prior authorization for medical services that require it
- Claims and provider billing support
- Access to special programs

## Before Health Navigators



## With Health Navigators



## Moda 360 special programs

Through Moda 360, you can access the following special programs created to help you be your healthy best.

## Specialized behavioral health support

Now you can get therapy on your smartphone through our partner, Meru Health. Completely confidential, this online program provides 12 weeks of treatment to help with depression, anxiety and burnout.

### The program offers:

- Confidential access to a personal, licensed therapist and psychiatrist
- 12 weeks of empowering content
- Anonymous peer support
- A biofeedback device to increase focus and manage stress
- Mindfulness practices for balancing mood and energy
- Habit-changing activities for sleep, nutrition and more that you can access any time and anywhere

To sign up, go to [modahealth.com/meru](https://modahealth.com/meru)



## Text a doctor

Enjoy fast and private access to a dedicated doctor in under a minute! Use the CirrusMD app for any health question or advice. Whether you have a question about COVID-19, need an inhaler prescription, have a runny nose, etc., doctors are available 24/7 to help with **no member cost-share**.

### With the CirrusMD app, all you need is internet access to:

- Ask an urgent or general health question
- Message, share photos or video chat
- Get peace of mind, even at 2 a.m.
- Come back to conversations or follow up as often as you'd like

To start using CirrusMD, download the app and register with your date of birth and ZIP code. Open the app and start chatting with a doctor, just like you'd text with a friend.

For more details, go to [cirrusmd.com/modahealth](https://cirrusmd.com/modahealth)

CIRRUS MD