

## Empower yourself with personalized Health Coaching

Are you ready for professional support as you strive for your best health and well-being? At Moda Health, we understand that making sustainable lifestyle changes can be challenging, especially when faced with health issues or chronic conditions. That's why we offer our Health Coaching program--a supportive and empowering resource designed to help you achieve your health goals and live your best life.

### What is Moda Health Coaching?

Moda's Disease Management Health Coaching program is an opportunity for individualized support as you make lifestyle changes related to your well-being. Available at no cost, you can work one-on-one with a Nationally Board-Certified Health and Wellness 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
- Self-manage ongoing chronic health conditions
- Make healthy changes to support your nutrition, exercise, stress resiliency, sleep and more

### How does the health coaching program relate to my healthcare provider visits?

While health coaching does not replace providers or care you already receive, it is an additional layer of support in managing your overall health.

### What happens in a health coaching session?

In a health coaching session, you will talk with your health coach over the phone or on a video call, depending on your preference. During conversations, you will explore:

- Your motivations and strengths
- Options for reaching your health goals
- Ways to overcome barriers

This is all done in a way that supports lasting change and fits into your life. The role of a health coach is not to tell you what to do; each session is approached in the spirit of collaboration and partnership with the goal of supporting your overall wellbeing.

### How much does joining cost?

Health coaching is available at no cost to eligible Moda members.

### How does Moda Health protect my privacy?

Moda Health follows the Federal Health Insurance Portability & Accountability Act, commonly known as HIPAA, or the Privacy Rule.

### How do I learn more?

If you are interested in enrolling or learning more about the health coaching program, please let us know by completing [this form](#), and a health coach will be in touch.

### Additional questions? Contact us!



Please call 800-913-4957 or email [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com)

Survey link & QR code: <https://www.modahealth.com/hc>