

# TAKE CHARGE OF YOUR HEALTH

**with ODS health coaching**

At ODS, we know health conditions can be challenging. That's why we offer personal health coaching designed to help you get the one-on-one attention you need to manage and improve your health.

## **Work one-on-one with a personal health coach**

- › Receive educational materials, answers to questions and self-management tools.
- › Gain skills to better manage a health condition.
- › Track your progress toward better health.
- › Receive incentives for participation.
- › Your level of participation is up to you.

## **Ready to take the next step? Enroll in an ODS care program today.**

**Call:** 503-948-5548 or 877-277-7281 (TTY 711)

**Email:** [careprograms@odscompanies.com](mailto:careprograms@odscompanies.com)

*ODS health coaching does not replace visits with your regular healthcare provider. Included for free, as a part of your ODS medical plan, ODS health coaching gives you access to extra support between visits with your doctor. Your participation is voluntary.*

## **Health topics include:**

- › Heart health
- › Staying active
- › Diabetes
- › Sleep
- › Coping with stress
- › Respiratory health
- › Healthy weight
- › Women's health
- › Pregnancy
- › Spine & joint health

