

## Reach your healthy weight goal

It can be hard to maintain a healthy weight. Your Moda Health weight management benefit offers a range of resources and programs to help you stay on track.

### Get the support you need

We know maintaining a healthy weight takes ongoing effort. We are here to help. Your weight management benefit includes four areas of focus.

### Screening and assessment

During a routine physical exam, your healthcare provider will do a weight screening. Your provider will assess your body mass index (BMI) and your waist circumference. Following the assessment, if your healthcare provider thinks your weight poses a health risk, he or she will refer you to other resources to help you effectively manage your weight.

### Educational resources

We offer many resources for educating yourself about diet, nutrition, exercise and lifestyle changes. Log in to your Member Dashboard, myModa, and follow the links to Momentum, your healthy living dashboard. Take a health assessment, access lifestyle apps, set goals, track progress and more.

### WW (Weight Watchers® Reimagined) – three great options

#### 1 Digital

Track your food, activity and weight with online tools. You can also access a database of 4,000+ delicious recipes and get support in real time from a WW Coach 24 hours a day, seven days a week. Plus, you will have an entire online community for inspiration and motivation.

#### 2 Digital + Workshops

With this option, you get all of the above Digital support plus the opportunity to share your journey with other members through weekly in-person Wellness Workshops (where available).

#### 3 Kurbo by WW (for those ages 10-17)

Kids and teens can use this mobile health and weight management program to build healthy habits for life. The program includes an app with a food and activity tracker, educational videos and games, as well as a health coach to provide personalized tips and encouragement, specifically designed for either men or women. This option includes a 3-month online subscription.



### Questions?

Please call 877-277-7281 or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com).

[modahealth.com/oebb](https://modahealth.com/oebb)

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### **WW and Kurbo by WW**

OEBB subscribers\* are eligible for four 13-week WW and Kurbo by WW sessions per calendar year paid at 100 percent (no cost to you).\*\* The WW and Kurbo by WW benefit covers dependents ages 10 and over. Members must still complete 10 out of 13 sessions in a series to be eligible for full coverage for the next series. Call WW for full program details at 866-531-8170.

### **Moda Health Weight Care program**

Your Moda Health benefits include free health coaching. You can talk with your health coach, over the phone or email, to find diet and exercise programs that meet your individual lifestyle. You'll also get support addressing food triggers and changing habits that do not support your weight management goals.

*\*If you opt out of medical coverage, you are not eligible for the no-cost participation. Call WW at 866-531-8170 for rates and program information for you and your dependents.*

*\*\*To be eligible for subsequent sessions you must attend 10 of 13 classes in a 13-week session. If you do not meet this participation requirement, you must pay 100 percent of the cost for the next session. If you complete that session and meet the 10 of 13 classes requirement, you can then sign up for the next session at the 100 percent covered rate.*

*WEIGHT WATCHERS is the registered trademark of Weight Watchers International, Inc. and is used under license.*

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