

SET AND MEET

YOUR PERSONAL HEALTH GOALS

with ODS health coaching

- ✓ Receive educational materials, answers to questions and self-management tools.
- ✓ Track your progress toward better health.
- ✓ Receive incentives for participation.

Health topics include:

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

ODS health coaching

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

Email: careprograms@odscompanies.com

ODS

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.

WORK ONE-ON-ONE *with a personal health coach*

- ✓ Gain skills to better manage a health condition.
- ✓ Track your progress toward better health.
- ✓ Receive educational materials, answers to questions and self-management tools.



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