

Moda Wellness Services

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SEOW Attachment 7



Agenda

- General overview & strategy
- Moda wellness product portfolio
 - Inclusive services
 - Purchasable services

Thomas Edison once said:

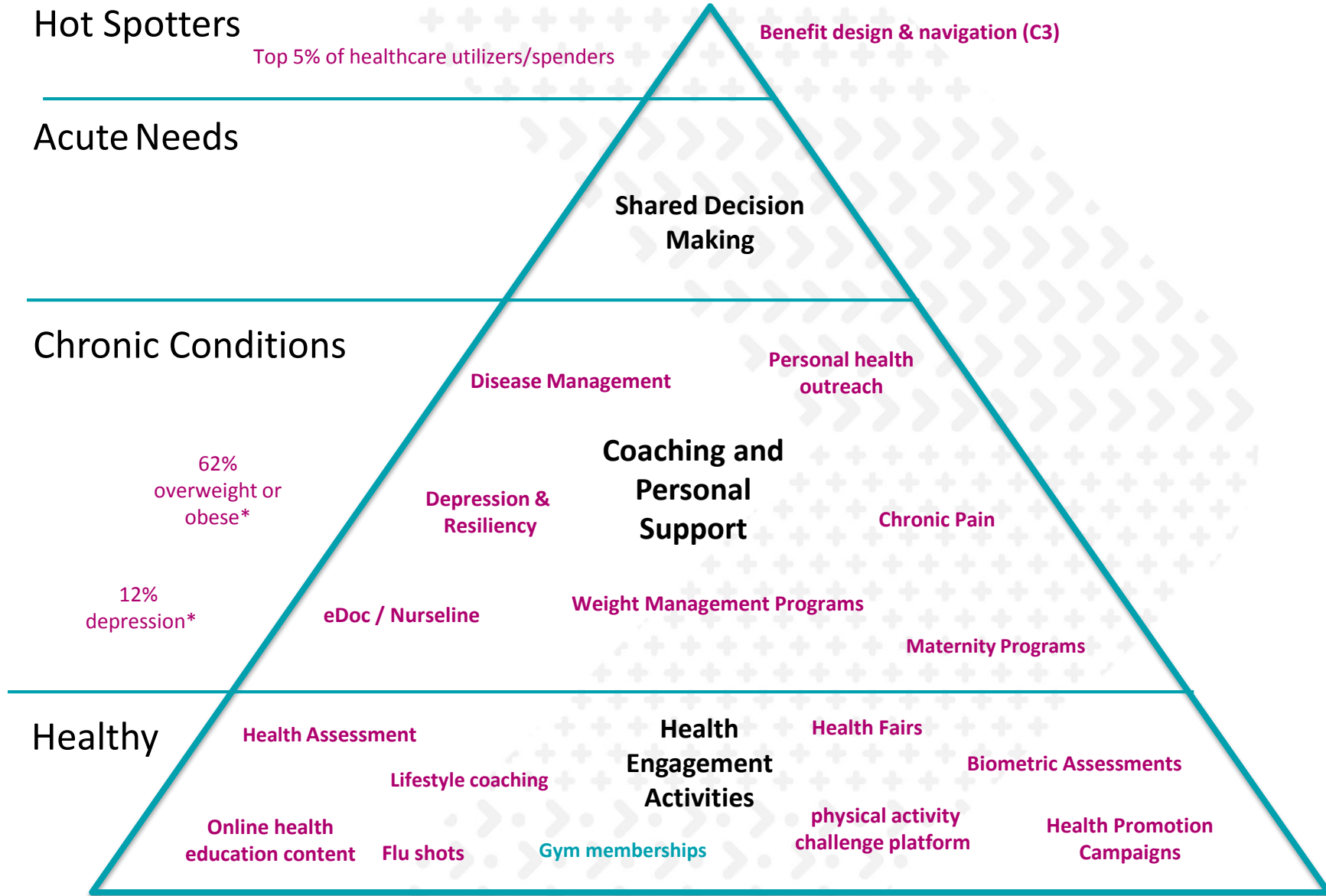
"The doctor of the future will give no medicine; instead he will interest his patients in the care of the human frame, nutrition and the cause and prevention of disease."

Comprehensive wellness

Moda offers a variety of program elements that can support wellness programs of all sophistication levels. We have designed our approach to address the following:

- Organizing program offerings for expanded reach
 - Providing “basic wellness” offering for employers and members
 - Ala Carte purchasable offerings – more robust onsite support & opportunity to tailor programming
 - Ability to leverage to non-Moda covered lives
- The right technology
 - Foundational – appropriate for a majority
 - Scalable
- Program integration and leveraging of existing expertise
 - Wellness Advisors as experts
 - Health coaching

Population Wellness Continuum



* 2016 behavioral risk Factor Surveillance Survey of School Employees

Moda Health

Worksite wellness – included services



Wellness consulting

- Evaluate and determine program goals
- Population specific workplace wellness engagement support
- Comprehensive wellness plan focusing on available tools and resources
- Knowledgeable on all OEBC programs, and works closely with OEA Choice Trust



Well@work

www.modahealth.com/wellatwork

Employer Toolkit

- Resources for wellness program implementation, planning a health fair and employee engagement

Turn-key health promotion campaigns and activities for the workplace

- Monthly activity calendar with promotional resources to support health & wellness topics:
 - Health assessment
 - Dental health
 - Health coaching
 - Nutrition
 - Physical activity
 - Stress and resilience
- Monthly mini challenges
- Get Your Health On




You may be younger than you think.

Complete your Health Assessment (HA) to see if your health age is lower than your actual age, and get a personalized report.

To take the HA, log in to myModa, your personalized member website, at modahealth.com. Once you've signed in, simply click on "Health Assessment."

➤ See your health age today!

To customize this flyer, open the file and type desired text here. Then, save your custom version and print.



moda
HEALTH

Momentum Health Assessment

14,121 OEBC HRAs
Completed in 2016*

Most prevalent disease state risk:

- **Heart Disease**

Most prevalent lifestyle risks: (med/high risk)

- **Stress**
- **Nutrition**
- **Lack of physical activity**

The screenshot shows the 'moda' app interface for a 'Female user'. The top navigation bar includes 'ME', 'MY HEALTH', 'MY NUTRITION', and 'MY ACTIVITIES'. The 'ME' tab is active, showing a series of questions about health and stress. The questions and their corresponding answers are:

- How many sick days have you had in the last year? **2**
- How often do you have feelings of stress at work? **Often**
- How often do you have feelings of stress at home? **Often**
- How much stress do you feel over finances? **High or severe**

On the right side, a 'FEMALE'S WELLNESS PROFILE' sidebar displays the user's responses:

- I was sick 2 days in the past 12 months.
- I'm often stressed at work.
- My home is often a stressful place.
- I'm severely stressed about money.

*between January 1, 2016 and December 31, 2016

Reports for members, and providers

Doing Well 100-70
Caution 69-40
Take Action 39-0
Last Assessment

OVERALL WELLNESS SCORE 57
HEALTH AGE 47

HEALTH & WELLNESS

HEART	DIABETES	CANCER	OBESITY	NUTRITION	FITNESS	MENTAL
54	40	36	55	62	71	69

Diabetes ! 40

Blood Sugar !

You 120 mg/dL Goal <100 mg/dL

Why is this so important?
Your body uses carbohydrates in the food you eat to make glucose, a type of sugar. Glucose is your body's main energy source. When your body doesn't handle carbohydrates well, your blood sugar level goes up. A high blood sugar level is harmful to your health.

Triglycerides !

You 300 mg/dL Goal <150 mg/dL

Tobacco !

You Smoker Goal Tobacco free

Weight ▼

You BMI 28.2 Goal BMI <25

Blood Pressure ▼

You 125/80 Goal <120/80

Healthy Foods ▼

Your Score 67/100 Score Goal 70+/100

Physical Activity ✓

You 9802 min/wk* Goal 150+ min/wk

Read About It!


- What is diabetes?
- Diabetes and prediabetes infographics
- Diabetes risk factors
- Diabetes screening
- Cutting back on sodium
- Dealing with stress

Probability of Diabetes

Nearly 1 in 10 adults in the United States has diabetes. Your diabetes risk is high, regardless of your race or sex. The average lifetime risk is 40%. That means reducing any risks for diabetes is important for everyone.

What to Eat

- Whole grains and other high-fiber foods
- Fruits and vegetables (especially legumes)
- Healthy fats (nuts and vegetable oils)
- Low-glycemic index foods
- Fish, skinless turkey and chicken; not red meats



Physician Summary
Assessment Date: August 25, 2016

Female user

Home

Biometrics

Total Cholesterol (mg/dL)	188	08/2016	08/2016	Status
LDL Cholesterol (mg/dL)	97	---	---	!
HDL Cholesterol (mg/dL)	150*	---	---	✓
Triglycerides (mg/dL)	300	---	---	!
Blood Glucose (mg/dL)	120	---	---	!
Blood Pressure	125/80	80/60	---	▼
Waist Circumference (in)	---	27	---	!
BMI	28.2	20.99	---	▼
Resting Heart Rate (bpm)	67	56	---	✓
A1C (%)	7	---	---	!

Sex: Female
Age: 46
Date of birth: January 01, 1970
Height: 5'7"
Weight: -- lbs
Ethnicity: White

Readiness to Change

Exercise	●●●●●
Nutrition	●●●●○
Weight	●●●○○
Stress	●●●○○
Blood Pressure	●●●○○
Cholesterol	●●●●●
Glucose	●●●○○
Tobacco	●●○○○
Alcohol	○○○○○

Legend: ● Doing Well, ● Caution, ● Take Action, ○ No metrics to change, ○ Not clear on why, ○ Review only, ○ Maintenance

Overall Wellness Score: 57 (Health Age: 47)

Doing Well 100-70, Caution 69-40, Take Action 39-0, Last Assessment

Health Assessment Responses

Personal Health History	Nutrition	Mood	Activity
Heart disease: No	Breakfast: Sometimes healthy	Happiness: Very happy	Moderate activity: 1 min/wk
Stroke: Yes	Water: 5 serv/day	Felt down, depressed, hopeless in past month: No	Sun protection: Always
Diabetes: Yes	Fruits: 2 serv/day	Feelings causing distress/affecting ability to function: --	Vigorous exercise: 700 min/wk
Cancer: No	Vegetables: 3 serv/day	Handling stress: Usually able to cope effectively	Strength exercise: 4 times/wk
Lung disease: No	Whole grains: 3 serv/day	Little interest or pleasure in doing things: No	Hours sitting: 18 hrs/day
Osteoporosis: No	Dairy/Calcium: 3 serv/day	Future outlook: Hopeful and expect things to work out well	Hours sleeping: 8 hrs/day
Broken bones or stress fractures in last 10 years: No	Sweets: 2 serv/day	Traumatic life events in the past year: 1-2	Exams: --
Chronic back pain: Yes	Saturated fat: 3 serv/wk	Trains mood altering or retaining drugs: Almost daily	Cholesterol test: --
Arthritis/joint pain: No	Fish: 2 serv/wk	High energy: High energy	Blood pressure test: --
Asthma: No	Red & processed meat: 2 serv/wk		Blood glucose test: No
High blood pressure or taking medication: No	Poultry: 7+ serv/wk		Physical exam: --
High blood cholesterol level: No	Plant-based protein: 3 serv/day		Colon exam: --
Head trauma: Yes	Leafy green vegetables: 3 serv/day		Prostate exam: --
	Nuts & seeds: 3 serv/day		Mammogram: Yes
	Sweetened beverages: 4-6 serv/day		PAP test: Yes
Substance Use	Type of milk: None		Dental exam/cleaning: Yes
Tobacco: Smoker	Type of fat: Unsaturated		Flu shot: Yes
Beer or liquor: 2 serv/wk	Salt intake: A lot		
Wine: 2 serv/wk			

Well Suite® IV A Product of Wellsource
TERMS OF USE
PRIVACY POLICY

Momentum: Quizzes, Articles, and How-to Guides

Multiple topic categories

- Be Happy
- Be safe
- Be Tobacco Free
- Check your health
- Control your blood pressure
- Have a healthy weight
- Prevent Cancer
- Sleep Well
- Stay Active
- Think before you drink
- Cope well with stress
- Eat well
- Thrive in your golden years

...and more!

The screenshot shows the moda website interface. At the top, the logo 'moda' is on the left, 'Female user' is in the center, and 'Menu' is on the right. Below the navigation bar is a large banner with an open book icon and the text 'Stay Active'. Underneath the banner is a navigation bar with 'All', 'Articles', 'How-to Guides' (selected), and 'Self-Checks'. The main content area displays a grid of article cards. Each card features a 'How-To' icon, a title, a duration, and a brief description. The cards include: '7 Habits for a Healthy Heart' (4 minutes), 'Be Active to Cut Your Cancer Risk' (2 minutes), 'Be Active! It Lowers Your Risk of High Blood Sugar' (3 minutes), 'Burn as Many Calories as You Eat' (2 minutes), 'Get Stronger the Right Way' (2 minutes), 'How to Be Active in Your 70s and Beyond' (2 minutes), and 'Exercise in Water' (1.5 minutes). The bottom right card is partially cut off.

Care program education, outreach, and support

50,884 members enrolled to received health related intervention*

- 21,215 Health coaching invites
- 20,263 Specific education and reminders of needed care (childhood immunizations, Flu shots, pre- diabetes education, diabetic and reparatory screenings)
- 5,885 Medication adherence education
- 20,239 Adult health screening outreach reminders (men's and women's specific screenings)
- 3,665 Tobacco cessation education outreach

Dedicated one-on-one health coaching

- 3% engaged in ongoing relationship with a coach**
- Multidiscipline team (RN, RD, LSW)
- Support between doctor's office visits
- Activation based goal setting

*Between 10/2015 and 9/2016

**Based on open cases during 10/2015 to 9/2016

› Care programs

Take your health from good to great!

Want to feel your best? You've got a coach in your corner! Whether you have an ongoing health issue, like diabetes, or just want to eat better and exercise, we can help.

When you or your dependent enrolls in one of our care programs, we'll deliver one-on-one support from a health coach. Choose the program with the right fit:

- › Cardiac Care
- › Dental Care
- › Depression Care
- › Diabetes Care
- › Lifestyle Coaching
- › Respiratory Care
- › Spine & Joint Care
- › Women's Health & Maternity Care

Cardiac Care program
Heart disease is the leading cause of death in America. You can lower your risk with lifestyle changes, like exercise. As part of this program, you'll take a personal risk assessment. This will help you and your health coach make a plan just for you.

Dental Care program
Research shows that when your mouth is healthier, your body is healthier, too. Work with a coach to learn how to take better care of your teeth and mouth. Your coach will help you start new, healthy habits and communicate with your dentist.

Depression Care program
If you struggle with depression, there's help. As part of this program, your coach will help you understand and manage your symptoms. You'll get support all along your path to feeling better.

Diabetes Care program
What's the best way to control your diabetes? Learn what you can do to lower your risk for complications. You'll set goals and track your progress toward better health with expert guidance and support.

over ›

To enroll:
Call 877-277-7281 or email careprograms@modahealth.com.
TTY users, please call 711.

moda
HEALTH

DELTA DENTAL
Delta Dental of Oregon & Alaska

modahealth.com

Lifestyle Coaching

Moda health coaches work with members on any health or lifestyle related changes.

Opt in program with multiple areas of support, including:

- Physical fitness
- Nutrition needs
- Sleep disturbance
- Seasonal allergies
- Migraines

46% of OEBB members in coaching are focusing on lifestyle and weight management, specifically.



The infographic is titled 'Lifestyle Coaching' and features a photograph of two young girls blowing bubbles. The text is organized into several sections: a main heading, a question 'Are you ready to make a change?' with a supportive response, a section 'What do you want to change?' explaining the coach's role, a section 'Work together with your coach' detailing the partnership, a list of participant benefits, a section 'The journey to health is lifelong' with a list of health goals, and a 'Get help with:' section listing specific support areas like nutrition, physical activity, sleep, and stress. It also mentions logging into a myModa account for various health assessment tools. At the bottom, there are logos for moda HEALTH, ODS, and OEBB DENTAL, along with a small disclaimer.

> Lifestyle Coaching

Are you ready to make a change?
We can help. We offer health coaching programs customized to meet your personal needs.

What do you want to change?
Talking with an experienced health coach provides an opportunity for you to explore your health and any lifestyle changes you are considering. Any concern that gets in the way of your health and happiness is the perfect subject for you to bring up with your health coach.

Work together with your coach
Your health coach creates a partnership with you to discuss your goals and create a plan of action that feels good to you. Your coach will give advice or information when you ask for it, but you will be the one to decide what you want to work on and how you will achieve it.

As a participant in our Lifestyle Coaching program, you will:

- > Work one-on-one with a trained health coach over the phone or via email.
- > Receive ongoing support on your journey to better health.
- > Develop personal health goals.

The journey to health is lifelong
It's all about simple, everyday steps – becoming more involved in your health, accepting responsibility for making informed healthcare decisions and pursuing a healthy lifestyle.

Get help with:

- > Nutrition
- > Physical activity
- > Sleep
- > Stress

Log in to your myModa account to access a variety of health assessment tools:

- > Health and symptom evaluator
- > Body mass index calculator
- > Tools for healthy living

moda HEALTH ODS OEBB DENTAL

Health plans in Oregon provided by Moda Health. Health, dental, vision and organ provided by Oregon Health Services. ©2018 Moda Health. All rights reserved.

Moda Health

Worksite wellness – purchasable and onsite services



Wellness mini-clinics

■ Body composition analysis that includes:

Body composition

- Total body water
- Dry lean mass
- Body fat mass

Body composition analysis

- Weight
- Skeletal muscle mass
- Body fat mass

Obesity Analysis

- Body mass index (BMI)
- Percent body fat (PBF)

■ Health consultation with a coach:

- Discuss results and health concerns with a health coach
- If appropriate, identify any gaps in needed care - screenings and preventive exams

Name (I.D.)	Gender	Age	Height	Date	Time
TS7956	Male	30years	5ft. 8.9in.	01.26.2009	10:39:46

BIOSPACE

Body Composition

	Values	Lean Body Mass	Weight
Total Body Water	106.3 lbs.	145.3 lbs.	252.7 lbs.
Dry Lean Mass	39.0 lbs.		
Body Fat Mass	107.4 lbs.		

Body Composition

Body composition testing is the process of measuring the components of your body, in short what you're made of. Weight alone is not a clear indication of good health because it does not distinguish how many pounds are fat and how many pounds are lean body mass. By regularly monitoring your Body Fat, and Muscle Mass or Muscular Development, you can understand how your diet, lifestyle and exercise regime are influencing your body composition. Knowing what's working for you can help you target and reach your wellness, appearance and longevity goals.

Body Composition Analysis



Body Composition Analysis

What we're made of impacts our health, appearance and our capabilities. Too much Body Fat increases our risk of developing diseases such as diabetes, heart disease and cancer. Carrying too much weight places undue strain on our joints, heart, and vital organs. Ideally, the Skeletal Muscle Mass graph to the left should reach or surpass the normal range and the Body Fat Mass graph should be falling within the Normal Range.

Obesity Analysis



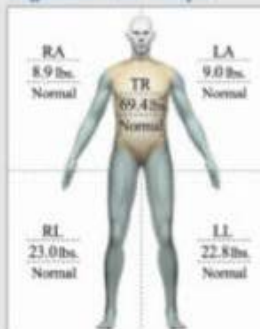
Obesity Analysis

BMI isn't a measurement but a calculation based on your height and weight. A BMI over the normal range can indicate a weight problem, or a degree of obesity. Individuals with large amounts of muscle mass for their height may also have a BMI over the normal range; this is not indicative of obesity or a health risk. Percentage of Body Fat is a measured component of your actual body composition. PBF is the percentage of your total weight that isn't muscle, bone or excess fluid. PBF is a more accurate means of assessing degrees of obesity or degrees of fitness.

$BMI = \frac{\text{Weight, kg}}{\text{Height, m}^2}$
 $PBF = \frac{\text{Fat}}{\text{Weight}} \times 100$

BMI Body Mass Index: Under Normal Over
 PBF Percentage of Body Fat: Under Normal Over

Segmental Lean Analysis



Segmental Lean Analysis

Use this section to understand how your muscle mass is distributed throughout your body. Your segmental distribution could indicate that you have maintained or developed muscle mass proportionately. You may discover that you have a tendency toward a disproportionate amount of muscle in your legs or your trunk and arms. Genetically there are inherent tendencies toward more or less musculature in any of these areas. It's true that you can't "spot lose" fat but you can develop or maintain certain muscles by using them more.

Impedance					
Z	RA	LA	TR	RL	LL(O)
20 kHz	291	289	26.7	237	239
100 kHz	254	254	22.0	206	209

Body Fat & LBM

Body Fat	- 81.8 lbs.
LBM	0.0 lbs.

Fat: + (need more body fat mass)
 - (lose body fat mass)
 LBM: + (need more lean body mass)
 0.0 lbs (maintain current LBM)

Basal Metabolic Rate

BMR	1793 kcal
-----	-----------

The BMR is the minimal number of calories needed to sustain life at a resting state. BMR is directly correlated with Lean Body Mass. With age muscle depletes and BMR steadily decreases.

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Wellness workshops

Wellness seminar – on-site presentations on one of many health topics

- Sleep
- Nutrition
- Stress
- Dental health
- Exercise
- Women's health

On-site cooking class

- Salad Rolls
- Energy bars
- Mason jar meals
- Candied sweet potato apples
- Quinoa and black beans
- And more!

On-site craft class –stimulate creativity and reduce stress.



Health screenings & flu vaccines

- On-site Biometric screenings
 - Convenient for employees
 - Check total cholesterol and glucose levels
 - Complements health assessment
- Onsite Flu shot clinics
 - On-site flu vaccine clinics are available
 - Convenient - increase vaccination numbers
 - Moda insured employees may use their insurance



Digital engagement - challenge & tracking platform

- Support the growing trend of fitness wearables for tracking daily activity
- Engage members through the gamification principals of reward and competition
- Offer the ability to set up rewards in the form of points earned over the course of a limited campaign, or over a longer term (i.e. program year)
- Utilize mobile engagement
- Extended scalability as a standalone technology
 - Provides Moda the ability to offer a wellness product for an employer with multiple carriers
- Coordination with OEA Choice Trust, and Grantee program

Activity tracking platform – walker tracker

demomoda Search Help Logout

Your Stats News Feed Friends Teams Competitions Admin

Your Stats

ADD AN ENTRY

9,962 → steps needed daily for the rest of the month to meet your goal of 10,000 per day.

Display: Today Weekly Monthly Edit Daily Goal

Last 7 Days: 21,000 | 7 Day Goal: 70,000

Best Day	Lowest	Average
11,000 (0)	10,000	10,500 last 7 days

Stats Charts: Progress Chart, Custom Metrics Chart, Wellness Metrics Chart, More charts

demomoda
Moda Demo

Last Login: Feb 6 @ 5:07pm
Walker Since: Jan 27 2017 @ 1:11pm

2 entries | 21,000 steps | 9.3 Miles

Your Stats

Today's Steps: 2,249

Points: 2,250 | Giveaway Level: 1 | Best Day: 45,319 | Lowest: 0

Stats Charts: Progress Chart, Custom Metrics Chart, More charts

My Activity

3,205,345 Total Steps | 2,239 Points | Level 3

8,000 Daily Goal | 20% Goal Met | 9,245 Daily Average

Map: Litochoro, Mt. Olympus

Continued Development 2018

Continued product expansion

- Gym membership program
- Stress, mindfulness and resiliency programs

Questions



moda

modahealth.com