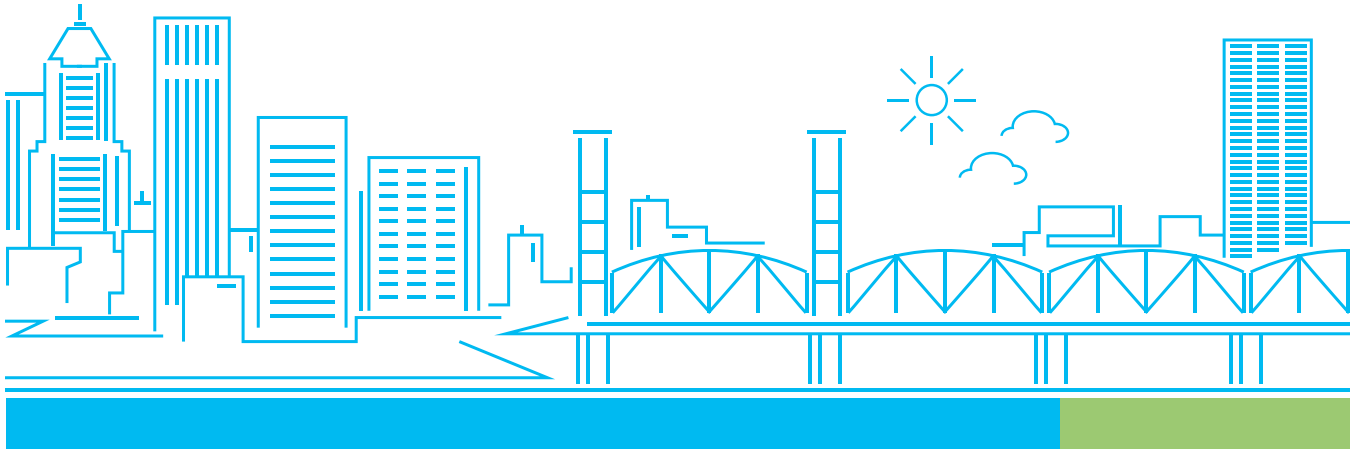


# A tailored program to support your health and well-being.



## Are you ready to make a healthy change?

**Healthy Foundations** is a free health coaching and medical coordination program that provides one-on-one guidance to help individuals with chronic health conditions achieve and sustain personal health and wellness goals.

## Responsive, accessible health and wellness experts

Our experts in nutrition, movement, stress management, emotional health and chronic disease management are highly accessible and always ready to provide the tools, resources and guidance that empowers you to have lasting success.

To learn more, call Healthy Foundations at 855-232-6899 or email us at [healthyfoundations@modahealth.com](mailto:healthyfoundations@modahealth.com).

## What defines a chronic health condition?

A chronic health condition may include diabetes, musculoskeletal conditions, depression or anxiety, autoimmune diseases, cancer or any ongoing health issue.

### When you join Healthy Foundations, you will receive:

- In-person, confidential health and wellness coaching at a location convenient to you
- No deductible or coinsurance on many health plan benefits including routine doctor visits, generic medications, physical therapy, and alternative care
- Enhanced customer service and support navigating health benefits

*"This program jump started my life. I am a different person because of this experience. Anyone who wants to improve their health should connect with Healthy Foundations."*

- Emily Swensen, Office of the City Attorney



[healthyfoundationspdx.com](http://healthyfoundationspdx.com)