



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 "Momentum."



See your health age today!



Moda Health offers free one-on-one health coaching for members.

Call 877 277 7281 or email careprograms@modahealth.com. (TTY users, dial 711.)