



ODS WELL

ODS Well™ provides tools and personalized health support to help members improve their health and live more productive lives.



COST-SAVING



COMPLIMENTARY



EVIDENCE-BASED



Live well at any stage of life

ODS Well — included as a standard part of all ODS medical plans — gives both members and employers access to valuable tools and services. No matter what stage of life or health your employees are in, ODS Well provides the tools and personalized health support to help them improve their health and live more productive lives.

CARE COORDINATION AND CASE MANAGEMENT

Registered nurses, physicians, coaches and behavioral healthcare coordinators at ODS help members and their caregivers navigate the complexities of the healthcare system. Our care coordination staff focuses on optimizing the patient's clinical outcomes, saving claims dollars for you and out-of-pocket expenses for your employees.

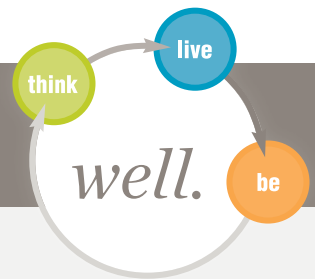
CONDITION AND DISEASE MANAGEMENT

over >

www.odscompanies.com

For more information call 503-243-3948 or 800-578-1402

MEDICAL • PHARMACY • DENTAL • GROUP • INDIVIDUAL • MEDICARE



ODS health coaches use evidence-based practices to help patients across the continuum of care from chronic medical needs to healthy lifestyle management, and everywhere in between. Members and their eligible dependents receive one-on-one support from an ODS health coach, including customized guidance and help with goal setting. ODS health coaches work in conjunction with medical providers and encourage members to follow the provider's plan of care.



myODS, A PERSONALIZED WEBSITE

myODS makes health connections more convenient for members. Through a personalized and secure website, members manage their benefits and access interactive online tools.

To set up an account, employees can visit www.odscompanies.com/members.

HEALTH TOOLS FOR MEMBERS

- E-mail answers from doctors, psychologists, dentists, pharmacists, dietitians and fitness experts
- 24/7 phone access to a registered nurse
- Online tools to track healthy living habits
- Tobacco cessation counseling
- Prescription cost comparison

Members with a pharmacy benefit can access additional health tools, including:

- Web-based health and symptom evaluator
- Health risk assessments
- Online medical library, health news articles, forums and more

HEALTH TOOLS FOR EMPLOYERS

- Employer wellness communications, which provide you with strategies for creating a healthier workplace and improving productivity through helpful guides and targeted marketing materials

Fully-insured groups with 51 or more enrolled participants can access additional employer health tools,* including:

- Health and wellness specialist support, including workplace needs assessment, on-site and telephone consultation and program evaluation support
- Ongoing reporting, including web usage, health risk assessment data, coaching engagement and aggregate year-end report

** Must meet specific criteria and requirements for engagement.*