



ODS Well™

With ODS Well™, you have the tools and support to live well and stay healthy at every stage of life.



LIVE WELL AT ANY STAGE OF LIFE

As a standard part of your medical benefit, we offer ODS Well™. No matter what stage of life or health you're in, ODS Well™ provides the tools and personalized health support to help you improve your health.

CARE COORDINATION AND CASE MANAGEMENT

Registered nurses, physicians, coaches and behavioral health care coordinators at ODS help members and their caregivers navigate the complexities of the healthcare system.

CONDITION AND DISEASE MANAGEMENT

ODS health coaches use evidence-based practices to work with patients who have specific medical needs, including diabetes, asthma, depression, cardiac and maternity care. You and your eligible dependants receive one-on-one support from an ODS health coach, so you get customized guidance and help with goal setting.



To access these benefit tools and services, please log on to myODS at www.odskompanies.com or call 503-948-5548, toll-free 877-277-7281 or TTY 800-433-6313. To contact the 24-hour Registered Nurse Help Line, call 866-321-7580.

HEALTH TOOLS

We offer a variety of health resources, online and via phone, to help you track and improve your health.

- › E-mail answers from doctors, psychologists, dentists, pharmacists, dieticians and fitness experts
- › Phone advice from a registered nurse, 24/7
- › Online tools to track healthy living habits
- › Tobacco cessation counseling*

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

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

**This feature is not available with all plans.*

ODS staff members protect the privacy and security of confidential information in accordance with all applicable federal and state laws. Insurance products provided by ODS Health Plan, Inc.