



# Moda Health Wellness Programs

Available to OEBB Members enrolled in a Moda Medical Plan.

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

## Chronic Disease Management



**Better Choices Better Health** Online chronic condition management program  
**Moda Health Coaching Programs** Diabetes care, cardiac care, depression care, respiratory care, spine and joint care, maternity care  
**Health Shelf** Online articles and resources on certain types of chronic conditions and diseases (in myModa under **Momentum** tab)

## Depression & Stress Management



**Healthy Team Healthy U**  
**Health Coaching** • Depression Care  
**Lifestyle Coaching** • Stress  
**Health Shelf "Cope Well"** Online articles and resources (in myModa under **Momentum** tab)  
**Online Quizzes & Assessments**

## Diabetes Prevention & Management



**Virtual Lifestyle Management (VLM) Disease Management Program** Diabetes care  
**Health Coaching** Diabetes care  
**Health Shelf "Control Your Blood Sugar"** Online articles and resources (in myModa under **Momentum** tab)  
**Online Quizzes & Assessments**

## Diet & Exercise



**Weight Watchers**  
**Healthy Team Healthy U**  
**Lifestyle Coaching**  
**Active & Fit Direct** Gym membership discount (in myModa under **Momentum** tab)  
**Fit It In!** Online educational information  
**Health Shelf "Eat Well"** Online articles and resources (in myModa under **Momentum** tab)  
**Health Shelf "What's Cooking"** Healthy recipes (in myModa under **Momentum** tab)  
**Online Quizzes & Assessments**

## Health Assessment



**Moda's Health Assessment** (in myModa under **Momentum** tab)

## Sleep Management



**Healthy Team Healthy U**  
**Lifestyle Coaching** Sleep management  
**Health Shelf "Sleep Well"** Online articles and resources  
**Online Quizzes & Assessments**

## Tobacco Cessation



**Quit For Life Program** Coaching, NRT, medications & workbook  
**Tobacco Cessation Lifestyle Coaching & Support**  
**Online Articles & Resources**  
**Online Quizzes & Assessments**  
**Videos**

## Weight Management



**Weight Watchers**  
**Healthy Team Healthy U**  
**Health Coaching** Weight care  
**Health Shelf "Healthy Weight"** Online articles and resources (in myModa under **Momentum** tab)  
**Online Quizzes & Assessments**



# Kaiser Permanente Wellness Programs

Available to OEGB Members enrolled in a Kaiser Medical Plan.

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

## Chronic Disease Management



**Better Choices Better Health** Online chronic condition management program  
**Classes** Cancer rehab, kidney & living well with chronic conditions  
**Adult Cancer Support Group**  
**Lifestyle Medicine Program**  
**Persistent Pain Management Services**  
**Managing Health Conditions**  
**Podcasts & Videos**

## Depression & Stress Management



**Healthy Team Healthy U**  
**Health Coaching**  
**Reducing Stress**  
**Podcasts & Videos**

## Diabetes Prevention & Management



**Virtual Lifestyle Management (VLM)**  
**Understanding Prediabetes Webinar**  
**Classes** Diabetes, insulin info, carb counting and pediatric diabetes  
**Diabetes Care**  
**Podcasts & videos**

## Diet & Exercise



**Weight Watchers**  
**Healthy Team Healthy U**  
**Eating Healthy**  
**Healthy Eating** Webinars and seminars  
**Health Coaching**  
**Exercise Webinars & Seminars**  
**Videos & Online Resources**

## Health Assessment



**Kaiser Permanente's Total Health Assessment**

## Sleep Management



**Healthy Team Healthy U • Health Coaching**  
**Sleeping Better**  
**Chronic Insomnia Class • Podcasts & Videos**

## Tobacco Cessation



**Quit For Life Program** Coaching, NRT, medications and workbook  
**Tobacco Cessation Classes** In-person and webinar-based  
**Tobacco Cessation Coaching**  
**Quitting Smoking**  
**Online Resources • Podcasts & videos**

## Weight Management



**Weight Watchers**  
**Healthy Team Healthy U**  
**Losing Weight**  
**Weight Management Class & Seminars**  
**Health Coaching**  
**Books, Podcasts & Videos**