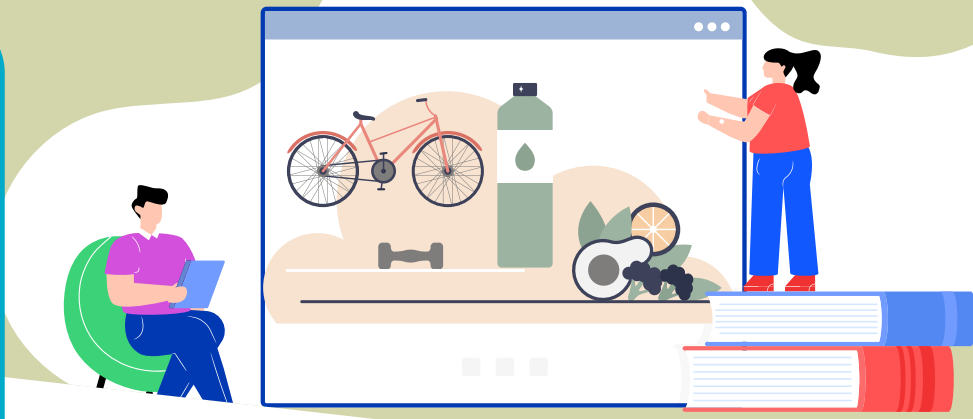


April 2025

# Benefits News



## Your Resources to Support Body Positivity

This document is part of the OEGB April Newsletter, Body Positivity. To access other resources, visit the [News and Events page](#).



### Moda Health

- [Health coaching](#)
- [Behavioral and mental health programs](#)
- Nutrition therapy: first two visits are free, additional visits are \$10 (deductible waived)
- [Wellness programs and workshops](#)
- [Worksite wellness](#)
- [Sprout at Work](#): wellness app
- [ChooseHealthy](#): health and fitness product discounts
- [Active&Fit Direct](#): discounts on gym memberships
- [Equip Health](#): virtual eating disorder treatment for children, teens, and adults
- [WeightWatchers](#)



## Kaiser Permanente

- Health coaching
- Healthy lifestyle programs
- Calm and Headspace
- Gym discounts and fitness deals: including ClassPass and One Pass Select Affinity
- Omada: weight management program (ages 18+)
- WeightWatchers



## Canopy

- Gym discounts
- 8 free counseling sessions per incident
- Peer support: anonymous chat community moderated by licensed clinicians

