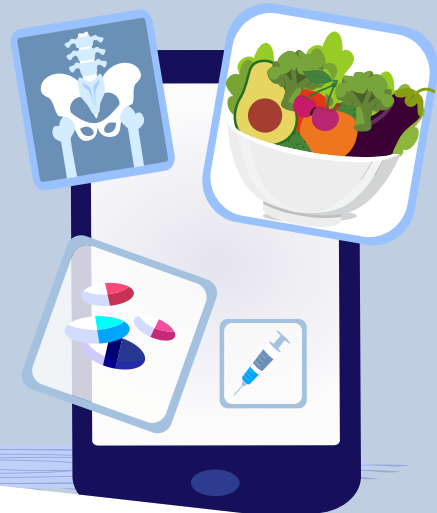




May 2025

Benefits News



Your Arthritis Resources

This document is part of the OEGBB May Newsletter, Managing Arthritis. To access other resources, visit the [News and Events](#) page.



Moda Health

- [Health coaching](#)
- [Acupuncture and massage therapy](#)
- [Sword Health](#): Virtual physical therapy
- [ChooseHealthy](#): Health and fitness product discounts



Kaiser Permanente

- [Health coaching](#)
- [Healthy lifestyle programs](#)
- [Wellness programs and workshops](#)
- [Acupuncture and massage therapy](#)
- [Chronic conditions](#)
- [Health assessment](#)



Canopy (except OSU employees):

- [8 free counseling sessions per incident](#)
- [Peer support](#): Anonymous chat community moderated by licensed clinicians