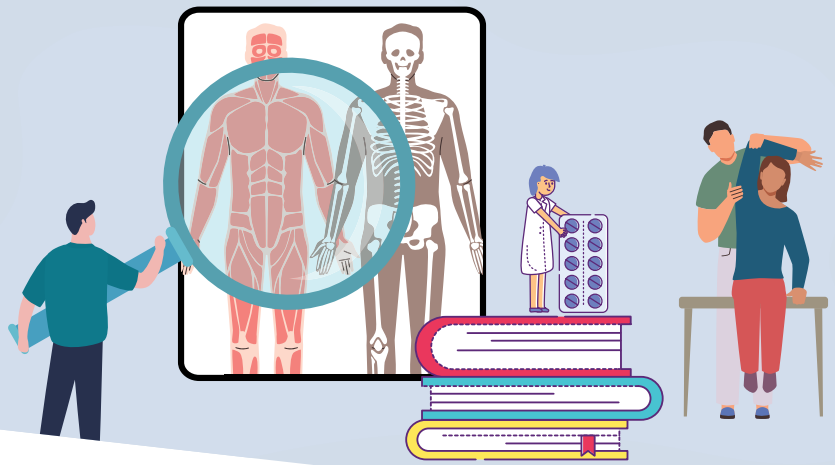


December 2025

Benefits News



OEBB's Musculoskeletal Resources

This document is part of the OEBB December Newsletter, Muscle and Bone (Musculoskeletal) Health. To access other resources, visit the [News and Events](#) page.



Moda Health

- [Sword Thrive](#): Virtual physical therapy program
- [Acupuncture and massage therapy](#): Coverage details via the plan comparison tool
- [Health coaching](#)
- [Wellness programs and workshops](#)
- [ChooseHealthy](#): Health and fitness product discounts
- [Active&Fit Direct](#): Discounts on gym memberships



Kaiser Permanente

- [Acupuncture and massage therapy](#): Coverage details via the plan comparison tool
- [Chronic condition support](#): Resources and programs for ongoing health conditions
- [Health coaching](#)
- [Healthy lifestyle programs](#): Personalized online programs that help you create actions plans to reach your health goals
- [Health assessment](#): Online health risk assessment



Canopy

- Canopy app: EAP mobile app
- Wellness and gym discounts
- Peer support: Anonymous chat community moderated by licensed clinicians

