

February 2026 Learning & Events

Click on the link to a specific event to navigate to more details.



Attend live events and workshops

- [Mindful Mondays: Guided Meditation for Aligning Heart & Mind](#) 
- [Taking Care of Yourself—Sleep, Exercise, Love & Food](#)
- [Love Your Heart](#)
- [Wellbeing Wednesdays: High Blood Pressure](#)
- [Heart Health: Supporting Your Cardiovascular System](#)



Watch quick video clips

- [Connections: Meet Julie](#)
- [Moda Health Pharmacy Tool Walk-through](#)



Listen to podcasts and videos

- [Health Talks: Save Time and Money with Mail Order Pharmacy](#)



Read articles and websites

- [Moda Health Pharmacy Services](#)



Ongoing Events

- [Click here for more information about ongoing events.](#)

Benefits questions?



oebb.benefits@odhsoha.oregon.gov



888-469-6322



Attend
live events and workshops



All times shown are Pacific Time.

Mindful Mondays: Guided Meditation for Aligning Heart & Mind

Provided by Kaiser Permanente

Mon.
Feb.
2

Time
9–10 am

Practice mindfulness through breath and meditation exercises.

[Register](#)

Taking Care of Yourself—Sleep, Exercise, Love & Food

Provided by Kaiser Permanente and Uplift Oregon

Thurs.
Feb.
5

Time
12–1 pm

Explore ways to improve your self-care.

[Register](#)

Love Your Heart

Provided by Kaiser Permanente

Mon.
Feb.
16

Time
12–1 pm

Keep your heart strong with meal ideas and other simple strategies.

[Register](#)

Wellbeing Wednesdays: High Blood Pressure

Provided by Kaiser Permanente

Wed.
Feb.
18

Time
9–10 am

Learn the risk factors for high blood pressure and how simple lifestyle changes can make a difference.

[Register](#)

Heart Health: Supporting Your Cardiovascular System

Provided by Moda Health

Wed.
Feb.
18

Time
3:30–4 pm

Make simple changes to improve your heart health.

[Register](#)



Watch
quick video clips



Connections: Meet Julie

24/7



Meet Julie and learn about the benefits of mail-order prescriptions.

[View](#)

Moda Health Pharmacy Tool Walk-through

Provided by
Moda Health

24/7

See how the Moda Health pharmacy price check tool can help you save money.

[View](#)

[Ver en Español](#)



Listen
to podcasts and videos



Health Talks: Save Time and Money with Mail Order Pharmacy

24/7
Health
Talks



Katie Scheelar, PharmD | Senior Clinical Program Manager at Moda Health

Tune in to OEBB's podcast each month for a new episode. This month, find out about OEBB's mail-order pharmacy prescription options available for Kaiser Permanente members.

[Listen](#)



Read
articles and websites



Moda Health Pharmacy Services

Provided by Moda Health

24/7

Get details on Moda Health's pharmacy services.

[Read](#)



Ongoing Events

→ [Kaiser Permanente Monthly Webinar Series](#)

→ [WeightWatchers Thursday Workshops](#)

→ [Moda Health Live and On-Demand Webinars](#)

→ [Canopy Live Webinar Schedule](#)¹

Enter “OEBB” in the Organization box. Canopy EAP webinars are open to OEBB members whose entities have elected to offer the Canopy EAP to their employees.

→ [Virta Health Podcast: Your Life, Reset](#)

1. You can join any of the webinars even if you aren't enrolled in the plans. However, if your entity has not elected to offer the Canopy EAP to its employees, you can't access on-demand Canopy content.