PEBB Wellness Programs

Visit www.oregon.gov/OHA/PEBB/pages/Wellness-Resources.aspx to learn more about these programs.

Target Health Area	Available to PEBB Members Enrolled in Moda Medical Plans www.modahealth.com/oebb/members/health_tools_coaching.shtml 1-877-277-7281
Chronic Disease Management Programs, resources and services outside normal healthcare services that assist you with managing chronic conditions	 Better Choices Better Health - online chronic condition management program Moda Health Coaching Programs - Diabetes care, Cardiac care, Depression care, Respiratory care, Spine & 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 Programs, resources and services outside normal healthcare services for managing stress and depression	 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 and assessments
Diabetes Prevention & Management Programs, resources and services that assist you with preventing or managing diabetes	 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 and assessments
Diet & Exercise Programs, services, and resources that you assist you with healthy eating and physical activity	 Weight Watchers Healthy Team Healthy U Lifestyle Coaching 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 and assessments
Health Incentives & Assessments Programs that provide incentives for healthy activities and/or help you identify health risks	 OEBB's Healthy Futures (sign up during Open Enrollment) Moda's Health Assessment (in myModa under Momentum tab)
Sleep Management Programs, services and resources for healthy sleep	 Healthy Team Healthy U Lifestyle Coaching - Sleep Management Health Shelf "Sleep Well" - online articles and resources (in myModa under Momentum tab) Online quizzes and assessments
Tobacco Cessation Programs, services and resources that assist you in stopping tobacco use	 Quit For Life Program - coaching, NRT, medications & workbook Tobacco Cessation Lifestyle Coaching & Support Online articles and resources Online quizzes and assessments Videos
Weight Management Programs and resources that assist you in achieving and maintaining a healthy weight	 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 and assessments

OEBB Wellness Programs

Visit www.oregon.gov/OHA/OEBB/pages/Wellness-Resources.aspx to learn more about these programs.

Target Health Area Kaiser Medical Plans www.kp.org/healthengagement 1-866-301-3866 (503-286-6816) Better Choices Better Health - online chronic condition management programs, resources and services outside normal healthcare services that assist you with managing chronic conditions Persistent pain management services - Care for Pain - online program - Persistent pain management services - Care for Pain - online program - Podcasts & videos Pedicasts & videos Healthy Team Healthy U + Health coaching - Care for Depression - online program - Podcasts & videos Diabetes Prevention & Management Programs, resources and services that assist you with preventing or managing diabetes Podcasts & videos Virtual Lifestyle Management (VLM) - Understanding Prediabetes Webinar - Classes - diabetes, insulin info, carb counting & pediatric diabetes - Care for Diabetes - online program - Podcasts & videos Podcasts & videos Virtual Lifestyle Management (VLM) - Understanding Prediabetes Webinar - Classes - diabetes, insulin info, carb counting & pediatric diabetes - Care for Diabetes - online program - Podcasts & videos Podcasts & videos Podcasts & videos Podcasts & videos Weight Watchers - Healthy Team Healthy U - Nourish - online healthy eating program - Healthy Team Healthy U - Nourish - online healthy eating program - Healthy Team Healthy U - Nourish - online healthy eating program - Healthy Team Healthy U - Nourish - online systems - Healthy Team Healthy U - Nourish - online systems - Healthy Team Healthy U - Nourish - online systems - Healthy Team Healthy U - Nourish - online systems - Healthy Team Healthy U - Healthy Te
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Programs that provide incentives for healthy • Kaiser Permanente's Total Health Assessment
activities and/or help you identify health risks
Sleep Management • Healthy Team Healthy U
Programs, services and resources for healthy sleep • Health coaching
• Dream - online sleep management program
• Chronic Insomnia Class
Podcasts & videos
Tobacco Cessation • Quit For Life Program - coaching, NRT, medications & workbook
• Tobacco cessation classes (in-person & webinar-based)
• Tobacco cessation coaching • Breathe - online tobacco cessation program
Online resources
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