

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 <i>Programs, resources and services outside normal healthcare services that assist you with managing chronic conditions</i>	<ul style="list-style-type: none"> • 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 (<i>in myModa under Momentum tab</i>)
Depression & Stress Management <i>Programs, resources and services outside normal healthcare services for managing stress and depression</i>	<ul style="list-style-type: none"> • Healthy Team Healthy U • Health Coaching - Depression Care • Lifestyle Coaching - Stress • Health Shelf "Cope Well" - online articles and resources (<i>in myModa under Momentum tab</i>) • Online quizzes and assessments
Diabetes Prevention & Management <i>Programs, resources and services that assist you with preventing or managing diabetes</i>	<ul style="list-style-type: none"> • Virtual Lifestyle Management (VLM) • Disease Management Program - Diabetes Care • Health Coaching - Diabetes Care • Health Shelf "Control Your Blood Sugar" - online articles and resources (<i>in myModa under Momentum tab</i>) • Online quizzes and assessments
Diet & Exercise <i>Programs, services, and resources that you assist you with healthy eating and physical activity</i>	<ul style="list-style-type: none"> • Weight Watchers • Healthy Team Healthy U • Lifestyle Coaching • Fit It In! - online educational information • Health Shelf "Eat Well" - online articles and resources (<i>in myModa under Momentum tab</i>) • Health Shelf "What's Cooking" - healthy recipes (<i>in myModa under Momentum tab</i>) • Online quizzes and assessments
Health Incentives & Assessments <i>Programs that provide incentives for healthy activities and/or help you identify health risks</i>	<ul style="list-style-type: none"> • OEBB's Healthy Futures (sign up during Open Enrollment) • Moda's Health Assessment (<i>in myModa under Momentum tab</i>)
Sleep Management <i>Programs, services and resources for healthy sleep</i>	<ul style="list-style-type: none"> • Healthy Team Healthy U • Lifestyle Coaching - Sleep Management • Health Shelf "Sleep Well" - online articles and resources (<i>in myModa under Momentum tab</i>) • Online quizzes and assessments
Tobacco Cessation <i>Programs, services and resources that assist you in stopping tobacco use</i>	<ul style="list-style-type: none"> • Quit For Life Program - coaching, NRT, medications & workbook • Tobacco Cessation Lifestyle Coaching & Support • Online articles and resources • Online quizzes and assessments • Videos
Weight Management <i>Programs and resources that assist you in achieving and maintaining a healthy weight</i>	<ul style="list-style-type: none"> • Weight Watchers • Healthy Team Healthy U • Health Coaching - Weight Care • Health Shelf "Healthy Weight" - online articles and resources (<i>in myModa under Momentum tab</i>) • Online quizzes and assessments

OEBC Wellness Programs

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

Target Health Area	Available to OEBC Members Enrolled in Kaiser Medical Plans www.kp.org/healthengagement 1-866-301-3866 (503-286-6816) 
Chronic Disease Management <i>Programs, resources and services outside normal healthcare services that assist you with managing chronic conditions</i>	<ul style="list-style-type: none"> • Better Choices Better Health - online chronic condition management program • Classes - cancer rehab, kidney & Living Well with Chronic Conditions • Adult cancer support group • Lifestyle medicine program • Persistent pain management services • Care for Pain - online program • Podcasts & videos
Depression & Stress Management <i>Programs, resources and services outside normal healthcare services for managing stress and depression</i>	<ul style="list-style-type: none"> • Healthy Team Healthy U • Health coaching • Care for Depression - online program • Relax - online stress management program • Podcasts & videos
Diabetes Prevention & Management <i>Programs, resources and services that assist you with preventing or managing diabetes</i>	<ul style="list-style-type: none"> • Virtual Lifestyle Management (VLM) • Understanding Prediabetes Webinar • Classes - diabetes, insulin info, carb counting & pediatric diabetes • Care for Diabetes - online program • Podcasts & videos
Diet & Exercise <i>Programs, services, and resources that you assist you with healthy eating and physical activity</i>	<ul style="list-style-type: none"> • Weight Watchers • Healthy Team Healthy U • Nourish - online healthy eating program • Healthy Eating webinars & seminars • Health coaching • Exercise webinars & seminars • Videos & online resources
Health Incentives & Assessments <i>Programs that provide incentives for healthy activities and/or help you identify health risks</i>	<ul style="list-style-type: none"> • OEBC's Healthy Futures (sign up during Open Enrollment) • Kaiser Permanente's Total Health Assessment
Sleep Management <i>Programs, services and resources for healthy sleep</i>	<ul style="list-style-type: none"> • Healthy Team Healthy U • Health coaching • Dream - online sleep management program • Chronic Insomnia Class • Podcasts & videos
Tobacco Cessation <i>Programs, services and resources that assist you in stopping tobacco use</i>	<ul style="list-style-type: none"> • 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 • Podcasts & videos
Weight Management <i>Programs and resources that assist you in achieving and maintaining a healthy weight</i>	<ul style="list-style-type: none"> • Weight Watchers • Healthy Team Healthy U • Balance - online weight management program • Weight Management class & seminars • Health coaching • Books, podcasts & videos