## PEBB Wellness Programs

Visit [www.oregon.gov/OHA/PEBB/pages/Wellness-Resources.aspx](http://www.oregon.gov/OHA/PEBB/pages/Wellness-Resources.aspx) to learn more about these programs.

<table>
<thead>
<tr>
<th>Target Health Area</th>
<th>Available to PEBB Members Enrolled in Moda Medical Plans</th>
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<td><strong>Chronic Disease Management</strong></td>
<td><a href="http://www.modahealth.com/oebb/members/health_tools_coaching.shtml">www.modahealth.com/oebb/members/health_tools_coaching.shtml</a> 1-877-277-7281</td>
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</table>
| 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**                | **Available to PEBB Members Enrolled in Moda Medical Plans**  
| 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**              | **Available to PEBB Members Enrolled in Moda Medical Plans**  
| 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**                               | **Available to PEBB Members Enrolled in Moda Medical Plans**  
| 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**               | **Available to PEBB Members Enrolled in Moda Medical Plans**  
| 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**                              | **Available to PEBB Members Enrolled in Moda Medical Plans**  
| 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**                             | **Available to PEBB Members Enrolled in Moda Medical Plans**  
| 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**                             | **Available to PEBB Members Enrolled in Moda Medical Plans**  
| 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](http://www.oregon.gov/OHA/OEBB/pages/Wellness-Resources.aspx) to learn more about these programs.

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## Chronic Disease Management
- 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
- Healthy Team Healthy U
- Health coaching
- Care for Depression - online program
- Relax - online stress management program
- Podcasts & videos

## Diabetes Prevention & Management
- Virtual Lifestyle Management (VLM)
- Understanding Prediabetes Webinar
- Classes - diabetes, insulin info, carb counting & pediatric diabetes
- Care for Diabetes - online program
- Podcasts & videos

## Diet & Exercise
- 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
- OEBB's Healthy Futures (sign up during Open Enrollment)
- Kaiser Permanente’s Total Health Assessment

## Sleep Management
- Healthy Team Healthy U
- 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
- Podcasts & videos

## Weight Management
- Weight Watchers
- Healthy Team Healthy U
- Balance - online weight management program
- Weight Management class & seminars
- Health coaching
- Books, podcasts & videos