

January 2025

Benefits News

Your PEBB family-building resources

This document is part of the PEBB January Newsletter, Supporting Your Family-Building Journey. To access other resources, visit the [News and Events page](#).

Providence Health Plan | Providence Health Plan

- [Fertility benefits](#) through Progyny
- [Maternity benefits](#) and [doula coverage](#)
- [Care management](#) for all stages of maternity and high-risk maternity support
- [Fertility and family-building education](#)
- [Pregnancy and postpartum education](#)

Moda Health |

- [Fertility benefits](#) through Kindbody
- [Maternity benefits](#) and [doula coverage](#)
- [Growing Together](#) maternity program
- [Healthy pregnancy guidebook](#)

New: Family Connects Oregon

Family Connects Oregon is a program designed to support families with newborns. The program provides nurse home visits to measure newborn and maternal health. Families are also connected with community resources during these visits. Learn more about Family Connects Oregon [here](#). Check if these services are available in your community [here](#).

- [Fertility benefits](#)
 - [Maternity benefits](#) and [doula coverage](#)
 - Maternity Care at Home program (includes virtual OB care)
 - [Pregnancy care and resource guide](#)
 - [Breastfeeding support](#)
 - Self-care apps, including [Calm](#) and [Headspace Care](#)
-

PEBB's Employee Assistance Program (EAP) through [Canopy](#) offers fertility health and family-building support, including:

- Discounted fertility health check
 - \$350 care credit for treatment
 - Connection to fertility preservation, care, and donation services
 - Counseling support
 - Adoption resources
 - Legal and financial guidance
-

Oregon State University's Employee Assistance Program (EAP) through [Lyra Health](#) offers:

- Eight covered counseling sessions
- 24/7 self-help resources
- Emergency support
- [Lyra Essentials](#) — mobile app with digital tools
- 24/7 Care Navigator for questions

Find a Doula

Doula services are covered under your medical benefits. Use the resources below to find the best one for you.

Visit the [Oregon Doula Association directory](#). Select the county you're located in to find doulas near you. The directory includes information about certified doulas and the services they provide. You can also find the organizations each doula is affiliated with and what language(s) they speak.

You can also visit the [Oregon Traditional Health Worker Registry](#) to find a doula. This site provides doula contact information, locations, availability, and languages spoken.

The list of doulas on these online resources may be outdated. Also, the doulas listed may not be covered by your medical plan. Be sure to confirm that a specific doula is covered by your medical plan before incurring any expenses.

