



February 2025

# Benefits News



## Your PEBB Cancer Care Resources

This document is part of the PEBB February Newsletter, Navigating Cancer Screening and Care. To access other resources, visit the [News and Events page](#).



### Providence Health Plan

- **Quit for Life:** Nicotine cessation program offering research-based solutions, coaching, and more
- **Care management:** Personalized clinical support for ongoing health conditions



### Moda Health

- **Quit for Life:** Nicotine cessation program offering research-based solutions, coaching, and more
- **Moda 360:** Personalized help with navigating healthcare



### Kaiser Permanente

- **Freedom from Tobacco:** Tobacco cessation program offering virtual/phone coaching, e-visits, webinars, and more
- **Chronic condition support:** Resources and programs for ongoing health conditions
- **Healthy lifestyle programs:** Personalized online programs that help you create actions plans to reach your health goals



### **Canopy (except OSU employees)**

- **Counseling:** 3-8 free sessions per incident (depending on agency)
- **Peer support:** Anonymous chat community moderated by licensed clinicians
- **Canopy app:** EAP mobile app



### **Lyra Health (OSU employees only)**

- **Lyra Therapy:** Personalized mental health treatment built by an expert therapist (8 covered counseling sessions)
- **Lyra Essentials:** Free library of wellbeing and self-care resources
- **Virtual peer support:** One-on-one mental health sessions, meditations, courses, and more

