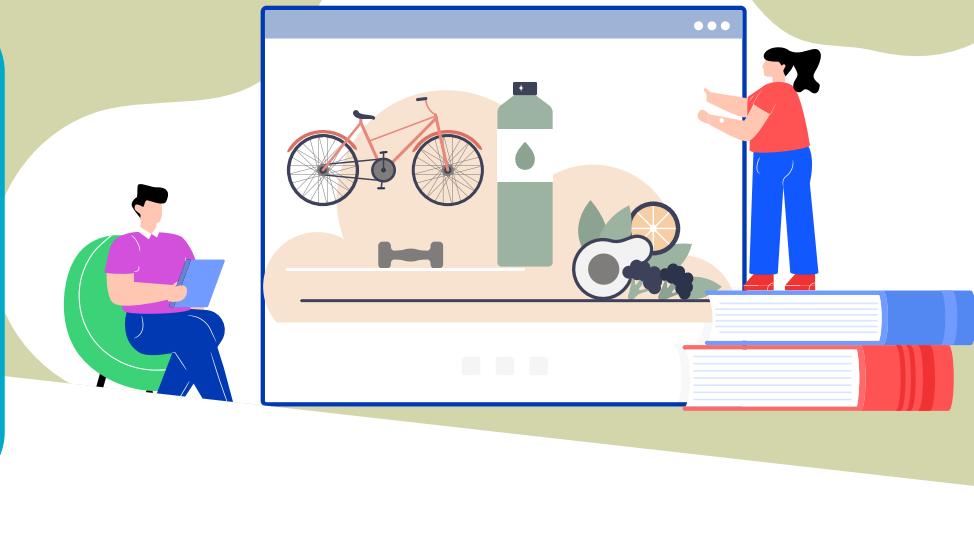


April 2025

Benefits News



Your Resources to Support Body Positivity

This document is part of the PEBB April Newsletter, Body Positivity. To access other resources, visit the [News and Events page](#).

Providence Health Plan

- [Health coaching](#)
- [Behavioral health concierge](#)
- [Health and wellness classes](#)
- [Healthy Eating and Active Lifestyle \(HEAL\) Program \(ages 18+\)](#)
- [Talkspace: virtual psychotherapy for teens \(ages 13+\) and adults](#)
- [Learn to Live: self-directed virtual therapy \(access code: PHPPEBB\)](#)
- [Joon: online therapy for teens and young adults \(ages 13-26\)](#)
- [One Pass Select: access to gyms, fitness centers, online workouts, and more](#)
- [LifeBalance: discounts on exercise and nutrition products and activities](#)
- [Omada: weight management program \(ages 18+\)](#)
- [WeightWatchers](#)



Moda Health

- Health coaching
- Behavioral health programs
- Nutrition therapy: first two visits are free, additional visits are \$10 (deductible waived)
- Wellness programs and workshops
- Sprout at Work: wellness app
- ChooseHealthy: health and fitness product discounts
- Active&Fit Direct: discounts on gym memberships
- Equip Health: virtual eating disorder treatment for children, teens, and adults
- WeightWatchers



Kaiser Permanente

- Health coaching
- Healthy lifestyle programs
- Calm and Headspace
- Gym discounts and fitness deals: including ClassPass and One Pass Select Affinity
- Omada: weight management program (ages 18+)
- WeightWatchers



Canopy (except OSU employees):

- Gym discounts
- 3-8 free counseling sessions per incident (depending on agency)
- Peer support: anonymous chat community moderated by licensed clinicians



Lyra Health (OSU employees only):

- Lyra Therapy: 8 covered counseling sessions
- Lyra Coaching
- Lyra Guided Self-Care Plan
- Lyra Essentials: free library of wellbeing and self-care resources