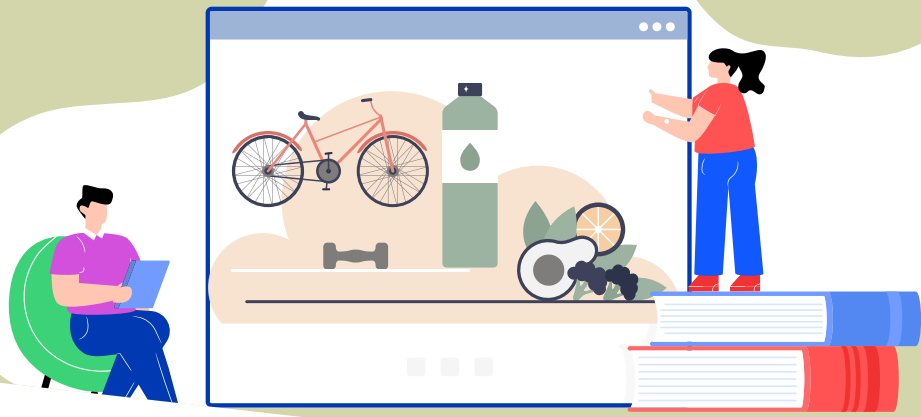




April 2025

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](#)



	<p>Moda Health</p> <ul style="list-style-type: none"> • <u>Health coaching</u> • <u>Behavioral health programs</u> • <u>Nutrition therapy</u>: first two visits are free, additional visits are \$10 (deductible waived) • <u>Wellness programs and workshops</u> • <u>Sprout at Work</u>: wellness app • <u>ChooseHealthy</u>: health and fitness product discounts • <u>Active&Fit Direct</u>: discounts on gym memberships • <u>Equip Health</u>: virtual eating disorder treatment for children, teens, and adults • <u>WeightWatchers</u>
	<p>Kaiser Permanente</p> <ul style="list-style-type: none"> • <u>Health coaching</u> • <u>Healthy lifestyle programs</u> • <u>Calm and Headspace</u> • <u>Gym discounts and fitness deals</u>: including ClassPass and One Pass Select Affinity • <u>Omada</u>: weight management program (ages 18+) • <u>WeightWatchers</u>
	<p>Canopy (except OSU employees):</p> <ul style="list-style-type: none"> • <u>Gym discounts</u> • <u>3-8 free counseling sessions per incident</u> (depending on agency) • <u>Peer support</u>: anonymous chat community moderated by licensed clinicians
	<p>Lyra Health (OSU employees only):</p> <ul style="list-style-type: none"> • <u>Lyra Therapy</u>: 8 covered counseling sessions • <u>Lyra Coaching</u> • <u>Lyra Guided Self-Care Plan</u> • <u>Lyra Essentials</u>: free library of wellbeing and self-care resources