



April 2025

Benefits News



Nutrition and Activity Support

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

Your body is unique, and it's deserving of love and acceptance. If you find that you want to make lifestyle changes to improve parts of yourself, go for it!

PEBB offers the following programs to support you on your journey to cherish yourself.

For those age 18+ enrolled in any PEBB medical plan:

WeightWatchers is available to PEBB members and their families who are age 18+ and enrolled in a medical plan. Use their app and scale to support your journey. Receive a personalized program that meets you where you are. Use WeightWatchers' platform to track your progress against your goals and connect with others to overcome challenges and celebrate success.

Ready to get started? Click [here](#) to learn more.





For Providence Health members:

Omada: includes smart devices and healthy routines to lose weight and gain energy. Partner with a dedicated coach who will support you along the way.

You may also be able to access these programs through Providence:

- Health coaching provides one-on-one sessions and set actionable health goals. Coaches can also provide you with educational materials and a personalized program.
- The HEAL (Healthy Eating and Active Lifestyle Support) program is a multi-month program focused on moderate weight loss through eating well and being active. HEAL is for those with prediabetes and/or those at high risk for type 2 diabetes.



For Moda Health members:

- Health coaches are available for dozens of reasons, including being more active, sleeping better, and eating healthier. Use these personalized health advisors for support and information while building a plan to pursue your goals.
- Sprout at Work gives you access to a digital wellness community to help you build healthy habits.



For Kaiser Permanente members

Omada includes smart devices and healthy routines to lose weight and gain energy. Partner with a dedicated coach who will support you along the way.

You can take advantage of these programs through Kaiser:

- Health coaches work with you to set up goals, and help you reach them. Coaches support you no matter where you are in your journey.
- Digital healthy lifestyle programs help you create an action plan for your best life.