



May 2025

Benefits News







Your Arthritis Resources

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

Providence Health Plan

- [Health coaching](#)
- [Health and wellness classes](#)
- [Acupuncture and massage therapy](#)
- [Kaia Health](#): Digital pain management
- [Rx Savings Solutions](#)
- [ProvRN](#): 24/7 nurse line
- [Care management](#)
- [One Pass Select](#): Access to gyms, fitness centers, online workouts, and more
- [LifeBalance](#): Discounts on exercise and nutrition products and activities
- [Health assessment](#)



	<p>Moda Health</p> <ul style="list-style-type: none"> • <u>Health coaching</u> • <u>Acupuncture and massage therapy</u> • <u>Sword Health</u>: Virtual physical therapy • <u>ChooseHealthy</u>: Health and fitness product discounts • <u>Health assessment</u>
	<p>Kaiser Permanente</p> <ul style="list-style-type: none"> • <u>Health coaching</u> • <u>Healthy lifestyle programs</u> • <u>Wellness programs and workshops</u> • <u>Acupuncture and massage therapy</u> • <u>Chronic conditions</u> • <u>Health assessment</u>
	<p>Canopy (except OSU employees):</p> <ul style="list-style-type: none"> • <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 Essentials</u>: Free library of wellbeing and self-care resources