



November 2025

Benefits News



PEBB's Diabetes Resources

This document is part of the PEBB November Newsletter, Diabetes Prevention and Care. To access other resources, visit the [News and Events](#) page.

Providence Health

- [Omada](#): Diabetes management and prevention program (ages 18+)
- [Virta](#): Type 2 diabetes reversal treatment and weight loss program
- [Diabetes education](#): Nutrition, diabetes, and health education services
- [Care management](#): Personalized clinical support for ongoing health conditions
- [Health coaching](#)
- [Health and wellness classes](#)
- [Rx Savings Solutions](#): Free service providing opportunities to reduce your prescription drug costs
- [LifeBalance](#): Discounts on nutrition products
- [WeightWatchers](#): Weight loss program
- [Health assessment](#): Online health risk assessment





Moda Health



- Teladoc (Livongo): Diabetes prevention program (ages 18+)
- Virta: Type 2 diabetes reversal treatment and weight loss program
- Nutrition therapy: Free if preventive, otherwise covered with standard cost sharing
- Health coaching
- Wellness programs and workshops
- WeightWatchers: Weight loss program
- Health assessment: Online health risk assessment, accessible through your Moda Health Member Dashboard



Kaiser Permanente

- Omada: Diabetes management and prevention program (ages 18+)
- Chronic condition support: Resources and programs for ongoing health conditions
- Health coaching
- Healthy lifestyle programs: Personalized online programs that help you create actions plans to reach your health goals
- WeightWatchers: Weight loss program
- Health assessment: Online health risk assessment



	<p>Canopy (except OSU employees)</p> <ul style="list-style-type: none"> • <u>Canopy app</u>: EAP mobile app • <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>Virtual peer support</u>: One-on-one mental health sessions, meditations, courses, and more • <u>Lyra Essentials</u>: Free library of wellbeing and self-care resources



Need to Get Rid of Used Diabetic Supplies?

If you use insulin, you may use needles to inject your medication. This might leave you with a lot of used disposable needles and syringes.

When you're at home, you can use a sharps disposal container. These are special containers that prevent accidental punctures. The containers also ensure safe disposal. But what do you do when your sharps container is full?

There are several places you can take your sharps containers. These include drop boxes, supervised collection sites, and household hazardous waste collection sites. You can even look into mail-back programs.

Check out this [interactive tool](#) to find the nearest place to your home. You can also call Safe Needle Disposal at 800-643-1643.

Please note that sharps containers and proper disposal of sharps also applies to lancets, auto-injectors, needle connectors, and infusion sets. Click [here](#) to learn more about [safe needle disposal](#).

Source: [Safe Needle Disposal](#)