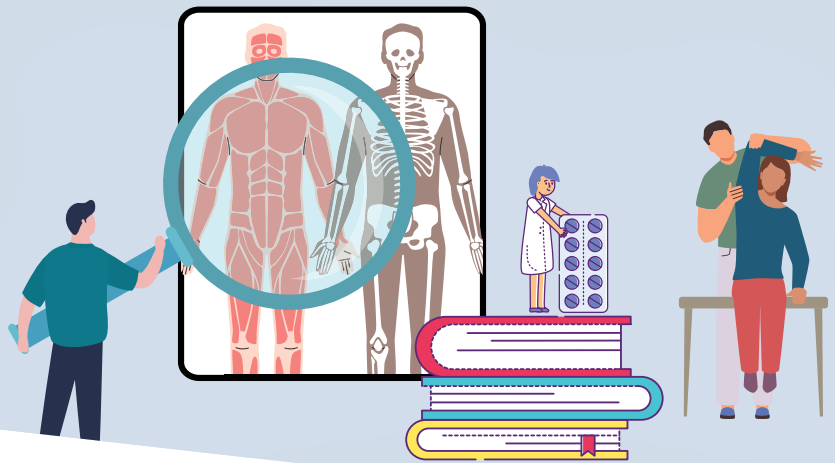




December 2025

Benefits News







PEBB's Musculoskeletal Resources

This document is part of the PEBB December Newsletter, Muscle and Bone (Musculoskeletal) Health. To access other resources, visit the [News and Events](#) page.

Providence Health

- [Kaia Health](#): Digital pain management program
- [Acupuncture and massage therapy](#): Coverage details via the plan comparison tool
- [Care management](#): Personalized clinical support for ongoing health conditions
- [Health coaching](#)
- [Rx Savings Solutions](#): Free service providing opportunities to reduce your prescription drug costs
- [ProvRN](#): 24/7 nurse line
- [Health and wellness classes](#)
- [One Pass Select](#): Access to gyms, fitness centers, online workouts, and more
- [LifeBalance](#): Discounts on exercise and nutrition products and activities
- [Health assessment](#): Online health risk assessment



	<p>Moda Health</p> <ul style="list-style-type: none"> • <u>Sword Thrive</u>: Virtual physical therapy program • <u>Acupuncture and massage therapy</u>: Coverage details via the plan comparison tool • <u>Health coaching</u> • <u>Wellness programs and workshops</u> • <u>ChooseHealthy</u>: Health and fitness product discounts • <u>Active&Fit Direct</u>: Discounts on gym memberships • <u>Health assessment</u>: Online health risk assessment, accessible through your Moda Health Member Dashboard
	<p>Kaiser Permanente</p> <ul style="list-style-type: none"> • <u>Acupuncture and massage therapy</u>: Coverage details via the plan comparison tool • <u>Chronic condition support</u>: Resources and programs for ongoing health conditions • <u>Health coaching</u> • <u>Healthy lifestyle programs</u>: Personalized online programs that help you create actions plans to reach your health goals • <u>Health assessment</u>: Online health risk assessment
	<p>Canopy (except OSU employees)</p> <ul style="list-style-type: none"> • <u>Canopy app</u>: EAP mobile app • <u>Wellness and gym discounts</u> • <u>Peer support</u>: Anonymous chat community moderated by licensed clinicians
	<p>Lyra Health (for OSU employees)</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