pebb

April 2026

Benefits News



Stay Well, Feel Strong: Your PEBB Fitness Benefits Can Help

PEBB cares about your health. We want to help you feel your best. Our health care plans give you fitness and wellness programs you can use all year. Gym memberships and on-demand workouts help you stay active. You can even have fun while you exercise. Discounts on fitness equipment can help you move more at home. Meal delivery kits make it easier to eat healthy foods.

Take a look at the benefits you can use to reach your fitness goals.

Getting Started

Discounts on gym memberships, fitness products, and other services are available through your medical plan and and your Everyday Assistance Program, Canopy (except OSU) or Lyra (OSU employees). PEBB doesn't provide these discounts. Check with your employer to see if they offer any wellness or gym discounts.

- Discounts are different for each plan.
- Only certain gyms take part in each plan's discount program.
- Each gym decides what the discount covers.
- Discounts can change based on the gym, your membership level, and how long you've been a member.
- Your Flexible Spending Account only pays for gym memberships, fitness classes, or exercise equipment if your doctor prescribes them for medical reasons.

Take time to look up the details. Make sure you know what discounts your plan offers and what each one includes before you sign up. You may need to register and log in to a third-party website to see details about locations, costs, and more.

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Providence Health Plan
POWERED BY Collective Health

Providence Health Powered by Collective Health Members

LifeBalance Program

If you're a Providence Health member, you can use the LifeBalance Program to get discounts on gym memberships, fitness gear, wellness programs, and more.

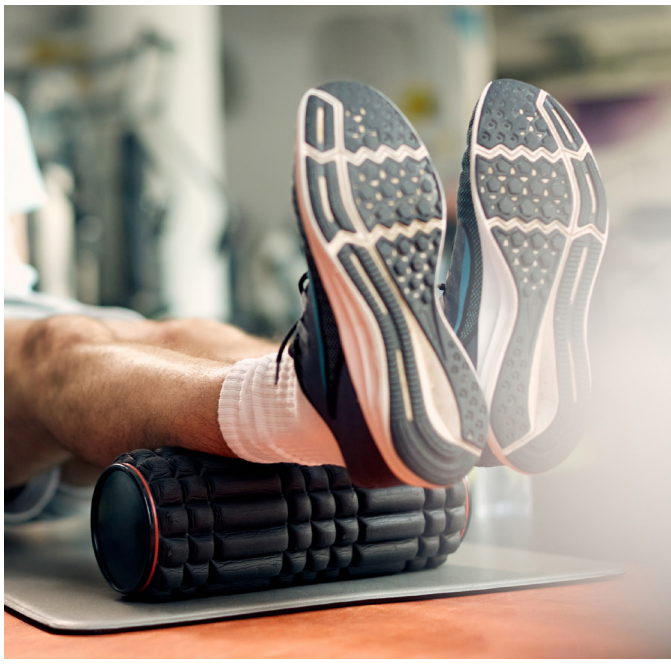
Fitness Membership Discounts

Save on memberships to nationwide gyms and local studios near you, including:

- Zumba: 20% off monthly or annual subscriptions.
- 24 Hour Fitness: 10% off monthly dues.
- Anytime Fitness: 50% off enrollment fees and 10% off monthly dues.
- LA Fitness: $74 off premier multistate membership initiation fee and $5 off premier multistate membership monthly dues.
- Curves: $100 off the joining fee for a 12-month membership.
- Planet Fitness: No enrollment fees on classic and black card memberships.

Fitness Gear & Wellness Tools

- Home fitness equipment like yoga mats and accessories.
- Foam rollers, massage, and stretching tools.
- E-bikes and more.



Digital Fitness & Wellness

- Wearable fitness trackers from Samsung, Garmin, Apollo, and Fitbit.
- Streaming workouts for fitness, yoga, meditation, Pilates, HIIT, and more.

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Healthy Lifestyle Discounts

- Meal delivery savings from HelloFresh, Misfits Market, and Factor.
- Discounts on Noom, a weight loss and wellness program.

Register on the LifeBalance website to learn more.

One Pass Select©

As a Providence Health member who is age 18 or older, you can get discounts on gym memberships, digital fitness apps, and home grocery delivery services. These benefits make it easier to stay focused on your fitness. Benefits include:

- Participating gyms you can use across the nation, such as Snap Fitness, Orangetheory Fitness, LA Fitness, Club Pilates, barre3, Planet Fitness, and many more.
- Home workouts with live and on-demand fitness classes, such as Ompractice, iFIT, Fitbit Premium, GlucoseZone, YMCA360, Fitness On Demand, and so much more.
- Personalized fitness routines to target your goals.
- Groceries and household products delivered to your home.
- Bundled subscriptions for your family members and friends ages 18 and older.

Learn more and register on the One Pass Select website.

The Fine Print on LifeBalance and One Pass Select

- Discounts can change at any time.
- Some discounts may not cover full gym memberships or everything the gym offers.
- The gyms in the network, and the features you get, can change based on your membership level.
- Your membership starts right away. You'll pay for the whole month on the day you sign up. (One Pass does not offer partial month pricing.)

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Moda Health Members

Active&Fit Direct™

If you're a Moda Health member, you can join a gym for as little as $28 a month after you pay the first enrollment fee. When you buy a discounted membership through Active&Fit Direct, you also get access to:

- A free guest pass to try one of 22,000 gyms nationwide before you join, such as 24 Hour Fitness, Anytime Fitness, Gold's Gym, Curves, Club Pilates, Yoga Six, and more.
- Over 15,000 on-demand workout videos.
- Access to a health club locator app so you can find a nearby participating gym wherever you are.
- Online tracking from a wearable fitness device, app, or equipment.



Sword Digital Physical Therapy

If you have pain or want to get stronger, Moda Health offers digital physical therapy through Sword. You can do easy-to-follow exercises at home and get help from licensed physical therapists online. Sword helps you recover safely and build strength without going to a clinic. Learn more about Sword.

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Log in to your Member Dashboard to learn more about Active&Fit.
Once you're logged in:

1. Click on the Benefits drop-down menu.
2. Select "Benefit Programs."
3. Select "Gym Discounts with Active&Fit Direct."

The Fine Print on Active&Fit Direct

- If you join, you must pay for at least two months.
- The first payment is $84. This covers the enrollment fee and your first two months.
- Your monthly cost may be higher if you use premium exercise studios. You'll pay extra for each premium location you visit.
- Before you sign up, ask the gym if they have any special rules or requirements.
- Taxes may apply.



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ChooseHealthy Discounts on Wellbeing Products and Services

As a Moda Health member, you can save on products and services to improve your wellbeing. These include:

- Discounts on fitness products from Fitbit, Garmin, New Balance, Echelon, and more.
- A 25% discount on services from specialty health care providers, such as acupuncture, chiropractic, massage therapy, and more.
- Access to articles and self-guided health classes.

Log in to your Member Dashboard to learn more about ChooseHealthy. Once you're logged in:

1. Click on the Benefits drop-down menu.
2. Select "Benefit Programs."
3. Select "Discounted health and wellness products."

You can also call 877-335-2746, Monday – Friday, 5 a.m. – 6 p.m. PT.

The Fine Print on ChooseHealthy

- ChooseHealthy is not insurance.
- ChooseHealthy offers discounted health-related products from third-party vendors.
- Discounts on products and services available through the ChooseHealthy program are subject to change. Please check the ChooseHealthy website for current availability.
- ChooseHealthy provides discounts from participating specialty health care providers. You will receive a discount from participating providers for services included in the program. However, you must pay for all services from those providers.

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KAISER PERMANENTE®

Kaiser Permanente Members

One Pass Select® Affinity

If you're a Kaiser Permanente member, you can get discounts through One Pass Select Affinity. Discounts are available for gym memberships. You can also save on home grocery delivery services. Benefits include:

- Five membership tiers to choose from.
- 19,000 gyms and fitness locations nationwide.
- Over 24,000 on-demand and livestreamed workouts.
- Challenges and communities.
- Groceries and household essentials delivered through Walmart+ and Shipt.



The Fine Print on One Pass Select Affinity

- Not all gyms and studios are part of the program. The number of places you can use depends on where you live.
- Each location sets its own rules, discounts, and upfront costs.
- Some gyms may have extra rules, like a one-time sign-up fee or a requirement to pay for several months at once.
- Your monthly cost may be higher if you buy or use a premium service. You may pay extra for each premium location you visit.
- Taxes may apply.

Learn more about One Pass Affinity and other fitness offerings for Kaiser Permanente members.

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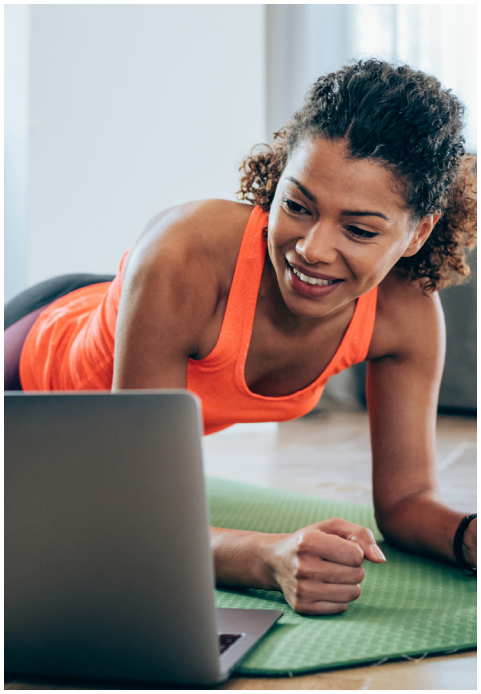
Canopy Everyday Assistance Program (except OSU)

Through Canopy, you can access discounts on gym memberships and virtual fitness classes through Husk Wellness. Log in to Canopy's website to learn more:

1. Go to my.canopywell.com.
   (First-time users: When registering, enter PEBB as your organization name.)
2. Log in and click "My EAP Benefits."
3. Select "Wellness and Gym Discounts."
4. Choose one of the following options:
   - "Find a Gym" – Enter your ZIP code and mile radius to see locations that offer discounts to Canopy EAP members.
   - "Virtual Subscriptions" – Browse discounted online fitness options, including MOSSA, FIT4MOM, and Physique 57.
5. Follow the on-screen instructions to activate the discount or subscription.

The Fine Print on Canopy's Discounts Through Husk Wellness

- Canopy works with Husk Wellness to offer discounts through its network of participating fitness centers.
- The discounts and what you can get will be different depending on where you live.
- Some areas may not have any participating gyms.
- All members can use the discounted virtual fitness classes.



OSU employees: visit the Lyra website at osu.lyrahealth.com to learn what your EAP offers and access resources.

PEBB's Resources

pebb	503-373-1102 Visit PEBB's Wellness Central and Wellness Guide. pebbinfo.com General benefits questions: • Logging in to or navigating PEBBenroll.com • Understanding rules • Verifying enrollments • Understanding your benefits or wellness programs

Resource/Vendor Partner	Contact Information	Benefit Plan
moda HEALTH DELTA DENTAL	Medical: 844-776-1593 Dental-only members: 844-827-7100 Dental (both Medical and Dental members): 833-681-2217 modahealth.com/pebb	Medical and Dental
Providence Health Plan POWERED BY Collective Health	855-284-1368 providencehealthplan.com/pebb	Medical
KAISER PERMANENTE	800-813-2000 choose.kaiserpermanente.org/pebb	Medical and Dental
vsp vision care	800-877-7195 pebb.vspforme.com	Vision

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Resource/Vendor Partner	Contact Information	Benefit Plan
Willamette Dental	855-433-6825 willamettedental.com/pebb	Dental
ASI FLEX	800-659-3035 asiflex.com/orpebb	Flexible Spending Accounts
canopy	800-433-2320 my.canopywell.com	Everyday Assistance Program (except OSU)
lyra	877-235-7812 osu.lyrahealth.com	Employee Assistance Program (OSU employees)
TheStandard	800-242-1888 standard.com/mybenefits/pebb	Life, Accident, and Disability Insurance
unum	800-227-4165 unuminfo.com/pebb/index.aspx	Long-Term Care Insurance
BenefitHelp SOLUTIONS	877-433-6079 benefithelpsolutions.com/members/group-members/pebb	COBRA, Retiree, Self-Pay Benefits Assistance