



Care for all that is you

April 2024 OEBC Wellness Champions
Presented by: Emmie Hiersche



Kaiser Permanente

All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.
500 NE Multnomah St., Suite 100, Portland, OR 97232.

Gallup's 5 Dimensions of Wellbeing



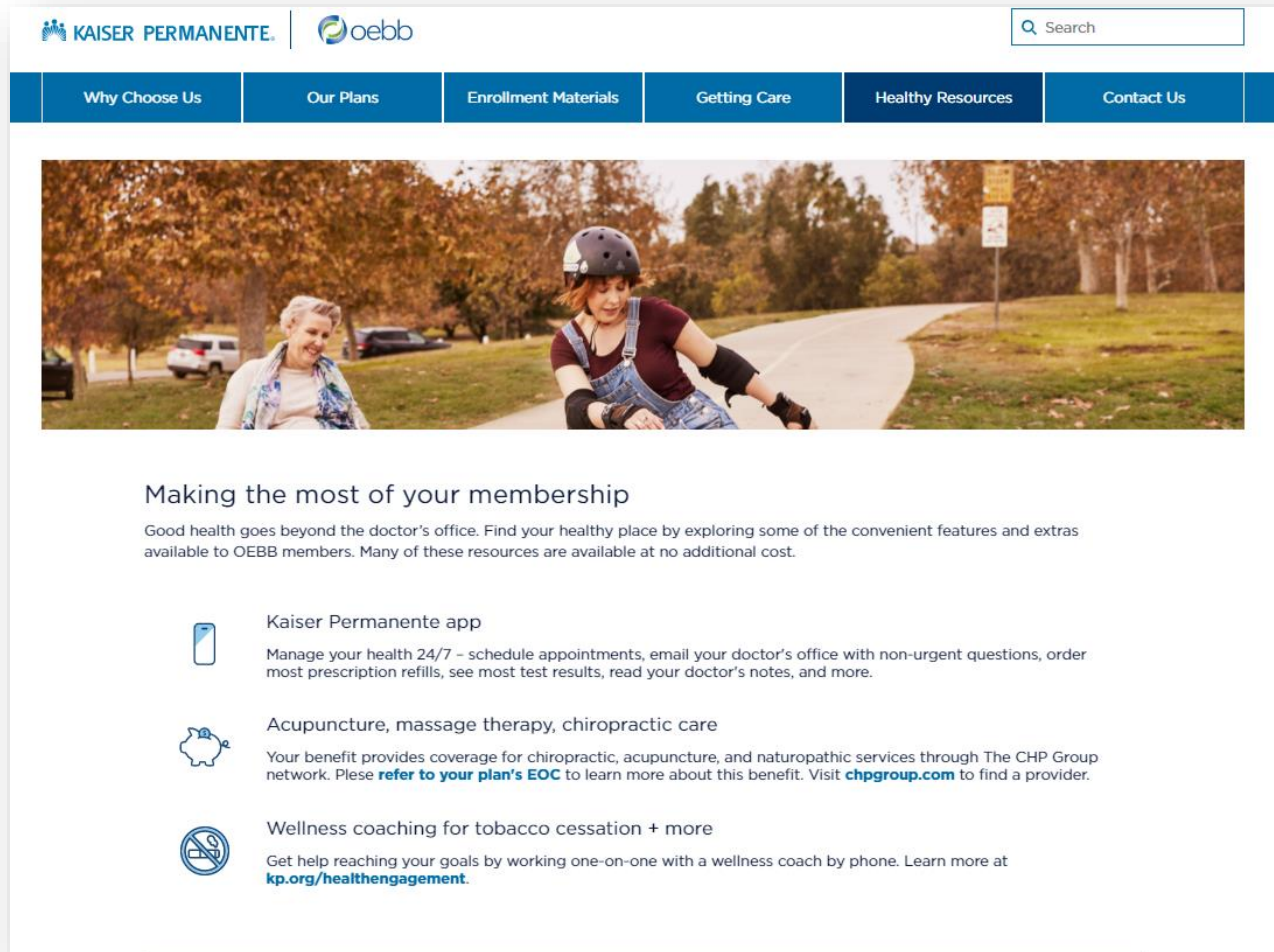
Upcoming Webinars

- **5/1/24: Creating Positive Change**
 - [Register here](#)
- **5/9/24: Caregiving in the Middle**
 - [Register here](#)
- **6/13/24: The Keys to Preventing Diabetes**
 - [Register here](#)
- **7/18/24: Connection and Hope**
 - [Register here](#)
- **8/8/24: Take Care of YourSELF**
 - [Register here](#)
- **9/12/24: Healthy Eating for Shift Workers**
 - [Register here](#)






Wellness Programs & Resources

Healthy Resources for OEBB Members



The screenshot shows the Kaiser Permanente OEBB website. At the top, there are logos for Kaiser Permanente and OEBB, and a search bar. Below the logos is a navigation menu with the following items: Why Choose Us, Our Plans, Enrollment Materials, Getting Care, Healthy Resources, and Contact Us. The main content area features a large image of two women outdoors; one is wearing a helmet and riding a bicycle, while the other is walking. Below the image is the heading "Making the most of your membership" followed by a paragraph: "Good health goes beyond the doctor's office. Find your healthy place by exploring some of the convenient features and extras available to OEBB members. Many of these resources are available at no additional cost." There are three resource items listed, each with an icon and a description:

-  **Kaiser Permanente app**
Manage your health 24/7 – schedule appointments, email your doctor's office with non-urgent questions, order most prescription refills, see most test results, read your doctor's notes, and more.
-  **Acupuncture, massage therapy, chiropractic care**
Your benefit provides coverage for chiropractic, acupuncture, and naturopathic services through The CHP Group network. Please **refer to your plan's EOC** to learn more about this benefit. Visit chpgroup.com to find a provider.
-  **Wellness coaching for tobacco cessation + more**
Get help reaching your goals by working one-on-one with a wellness coach by phone. Learn more at kp.org/healthengagement.

<https://mybenefits.kaiserpermanente.org/oebb/healthy-resources>



health education classes

Learn what you can do to improve your health.

- The programs and services we offer underscore our dedication to the promotion of health and the prevention of disease, not just treatment.

Our Health Education Department offers

- Health Classes and Resources
- Health Nutrition and Counseling
- Patient Education Videos
- Online Health tools

Learn more about our health education classes [here](#)



69% of members

who used wellness coaching reduced their stress within one month

wellness coaching by phone

Convenient, ongoing support from a specially trained health professional

Many areas of focus

Whether you want less stress or better sleep, wellness coaches can help. They're not mental health care providers, but they can set up an action plan to keep you motivated toward your health goals.

Convenient scheduling

Phone sessions are available 5 days a week and typically last 20 minutes.

A dedicated partner in health

The same coach will get to know you over multiple sessions — providing tailored guidance at whatever time and frequency works best for you.

Learn more about wellness coaching [here](#)

total health assessment & healthy lifestyle programs

Online health guidance and action items to help build and reach health goals

Total Health Assessment (THA):


- A quick, 10-minute survey will help us assess your health and medical history.

THA Goal Setting:

- Based on the answers submitted, we'll help members choose some goals to focus on, like improving your mood, keeping stress in check, and sleeping better.

THA Activity Recommendations:

- We'll help you form better habits by suggesting a handful of activities they can fit into your daily or weekly routines.



Activities to jump-start good health

- Learn more about the [Total Health Assessment](#)
- Learn more about [Healthy Lifestyle Programs](#)

Food for Health Resources

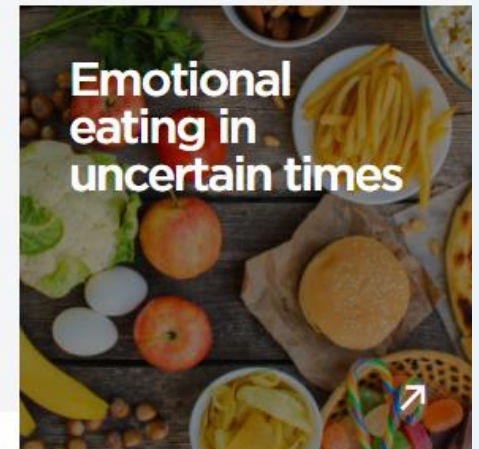
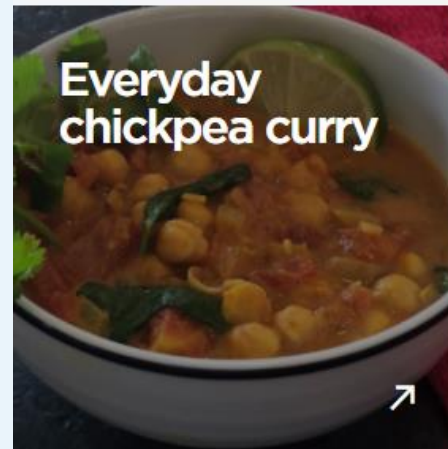
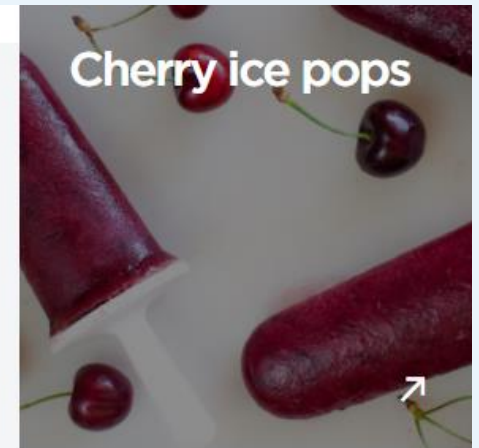
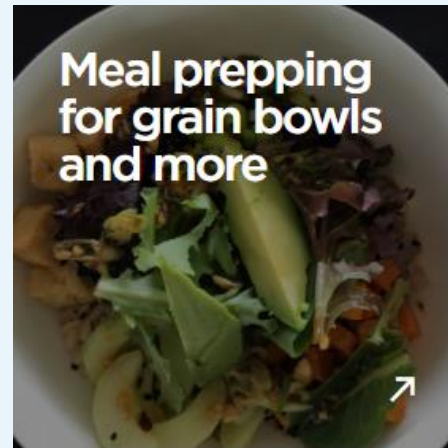
Find easy and delicious healthy recipes!
We make it easy to cook and eat wholesome food for a healthier life.

Recipe library

- 700+ Healthy Recipes
- Browse by season, appetizer, meals, and more

Need nutrition advice?

- Meal Prepping
- Plant Based / Vegetarian Diet
- Nutrition when it comes to total health



Access healthy recipes & the food blog [here](#)



Diabetes prevention

Omada's program combines the science of behavior change with personal support so you can make changes that stick.

Omada program elements include:

- Smart tools and technology
- Supportive online peer groups
- Interactive lessons
- Professional health coach

Members must meet clinical inclusion criteria to participate in this program.

Learn more here:

- OEBB: <https://go.omadahealth.com/oebb>

Resources for everyday wellness

Take advantage of classes, services, and programs to help you achieve your health and fitness goals.¹ Visit kp.org/health-wellness to learn more.



Acupuncture, massage therapy, and chiropractic care



Wellness coaching by phone



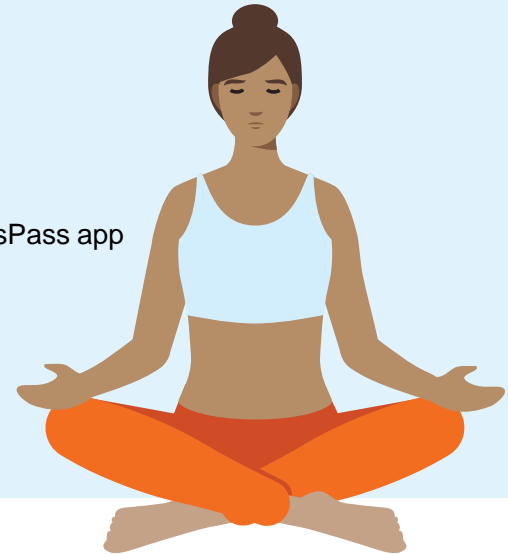
Reduced rates on gym memberships



Online fitness classes with the ClassPass app
kp.org/exercise



Healthy lifestyle programs and classes²



¹ These services aren't covered under your health plan benefits and aren't subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice. ² Classes vary at each location, and some may require a fee.

Other Member Discounts

CHP Active & Healthy

As a Kaiser Permanente member, you can enjoy no-cost and discounted online tools, classes, programs, and activities that can help keep you happy and healthy.

To explore your options, please visit www.chpactiveandhealthy.com



Choose Healthy

- Explore additional discount options and more at ChooseHealthy
- Discounts on alternative care services, products like Fitbit, Vitamix, Dell, and more
- Reduced rates on Gym Memberships

To explore your options, please visit www.kp.org/choosehealthy, sign-in, and select the ChooseHealthy link to register.

Social Health: Community Resource Directory

Social health is being able to take care of your basic needs, like:

- A safe place to live
- Access to healthy food
- Good relationships

If you or someone you know needs help with food, housing, paying for utilities, and more, Kaiser Permanente is here to help — for members and nonmembers alike.* Explore our resource directory to find community-based programs and services in your area.

Find the Community Resource Directory linked [here](#).



Here for your total health
Find community resources near you

If you ever need help with your daily needs, it's good to know where you can turn. Kaiser Permanente's community resource directory is a convenient online tool to help you find services for healthy food, housing, child care, financial assistance, transportation, and more.

 Food  Housing  Child care  Financial assistance

To get started, visit kp.org/communityresources or scan the QR code.

To speak to a resource specialist, call 1-800-443-6328 (TTY 711), Monday through Friday, 8 a.m. to 5 p.m.



You deserve to thrive in mind, body, and spirit. Our community resource directory brings you closer to what you need to live well and thrive.

The services described above are not covered under your health plan benefits and are not subject to the terms set forth in your Evidence of Coverage or other plan documents. These services may be discontinued at any time without notice.

Learn more at kp.org/communityresources  KAISER PERMANENTE.

NOV2021 | Expires Winter 2021

Where can
you start your
mental health or
addiction journey?
ANYWHERE.

Self-Care

Evidence-based, no-cost tools that offer activities and emotional support coaching to improve sleep, boost mood, reduce anxiety, and more.

- Visit kp.org/selfcareapps for resources including Calm, Ginger, and myStrength apps at no cost, as well as helpful articles and activities to support emotional health.⁴

Guided Care

Professional support for achieving individual goals such as behavior change or better relationships.

- Consult with a certified wellness coach by calling 503-286-6816 or 1-866-301-3866, option 2.
- Visit kp.org/healthengagement/classes for a list of classes led by certified professionals.

Emergency Care

Care and support to prevent imminent harm to self or others.

- In case of emergency, go to the nearest emergency department or call 911.

Primary Care

Behavioral health consultants see you for focused sessions to assist with a wide range of physical, emotional, and behavioral concerns that impact your health.

- Visit kp.org/evisits/nw to take an online survey to assess symptoms, like stress, depression, and anxiety. Get options for what to do next.
- Schedule online or call 1-800-813-2000 (TTY 711) to make an appointment with your primary care team or a same-day/next day appointment with a behavioral health consultant. No referral needed.

Crisis Care

Immediate support for issues such as suicidal thoughts, child safety issues, and domestic violence.

- Call the Kaiser Permanente crisis line at 503-331-6425 or 1-866-453-3932.
- Call or text the National Suicide Prevention Lifeline at 988. Spanish language and hard of hearing services are available.

Specialty Care

Evaluation and treatment for conditions that require concentrated, intensive care. Services may include individual office/or virtual visits, group therapy visits, or higher levels of care such as intensive outpatient services.

- For a mental health or addiction medicine assessment, call 503-249-3434 or 1-855-632-8280. No referral needed.

⁴The apps and services described above are not covered under your health plan benefits, are not a Medicare covered benefit, and are not subject to the same set forth in your Evidence of Coverage or other plan documents. The apps and services may be discontinued at any time. The apps and services are neither offered nor guaranteed under coverage within the KPSP Program but are made available to employees and family members who become members of Kaiser Permanente. Calm and myStrength can be used by members 13 years old and older. The Ginger app and services are not available to any members under 18 years old. Some individuals who receive health care services from Kaiser Permanente through some Medicaid programs are not eligible for the Ginger app and services. Eligible Kaiser Permanente members can text with a coach using the Ginger app for 10 days per year after the 10 days, members can continue to access the other services available on the Ginger app for the remainder of the year at no cost. Calm, Ginger, and myStrength are not available to Kaiser Permanente Dental only members.

Resources for self-care

You have access to apps to help reduce stress, improve sleep, and manage overall mental wellness.^{1,2}

Visit kp.org/selfcareapps to learn more.



Calm

The number one app for sleep and meditation



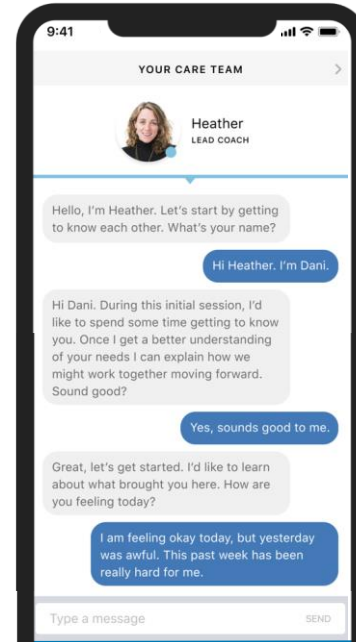
Headspace Care

Text one-on-one with an emotional support coach anytime, anywhere.³



myStrength

Build a personalized plan to strengthen your emotional health.



47%

of users say Headspace Care helps with anxiety⁴

1. The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your Evidence of Coverage or other plan documents. The apps and services may be discontinued at any time. 2. Calm and myStrength can be used by members 13 and over. The Headspace Care app and services are not available to any members under 18 years old. 3. Eligible Kaiser Permanente members can text with a coach using the Headspace Care app for 90 days per year. After the 90 days, members can continue to access the other services available on the Headspace Care app for the remainder of the year at no cost. 4. Knuckle et al, Association Between Care Utilization and Anxiety Outcomes in an On-Demand Mental Health System: Retrospective Observational Study, *JMIR Formative Research*, 2021.

Kaiser Permanente Mental Health and Wellbeing Resources



Member resources

- [Mental Health and Wellness Services](#) – understand support options and get help
- [Understanding Your Mental Health](#) – content center on where to access care, self-care assessments and more
- [Health classes](#) and [support groups](#)
- [Personalized healthy lifestyle programs](#)
- [Wellness Coaching by Phone](#) for stress, sleep and more
- [Self-care apps](#) for emotional support, meditation, and mindfulness
- [Self-care resources](#) with online programs to help manage depression, reduce stress & improve sleep
- [Find Your Words](#) stigma, resilience and mental health support center
- Addiction Medicine
 - Regional: [Get help for addiction | Kaiser Permanente](#) – Phone: 855-632-8280
 - National: <https://healthy.kaiserpermanente.org/oregon-washington/health-wellness/addiction-and-recovery>
- [Youth mental health](#) support and connect with treatment
- [Presence of Mind](#) targets teens to reduce stigma and build resiliency through the gaming community

OEBB Workplace Wellness Space Grants

Cycle 5 OEGBB Workplace Wellness Space Grants

- ✓ Create safe, dedicated, comfortable environments
- ✓ Reduce stress
- ✓ Improve mental health and wellbeing
- ✓ Increase social interaction
- ✓ Promote team building
- ✓ Convey to staff that their wellness matters

Check out the 2-minute [Overview Video](#)



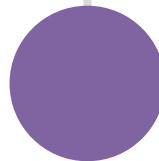
Eligibility

- Tax exempt school districts/schools/workplaces offering Kaiser Permanente health insurance through OEGB are eligible to apply
- School districts may apply for up to four schools.
- School districts/workplaces that were awarded in previous grant cycles are eligible to reapply to reach additional locations.

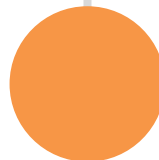


SCHOOL DISTRICTS

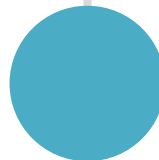
Note applications from school districts receive priority in funding decisions



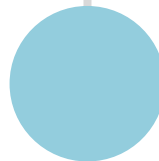
SCHOOLS AND PUBLIC CHARTER SCHOOLS



EDUCATIONAL SERVICE DISTRICTS



COMMUNITY COLLEGES



CITIES, COUNTIES, SPECIAL DISTRICTS [per ORS 198]

2024 Timeline

- **Step 1: Apply online NOW!**
 - *April 1-26, 2024*
- **Step 3: Grant Implementation Period**
 - *June 2024 – March 2025*

Questions? Contact Liz at
liz@adluceconsulting.com

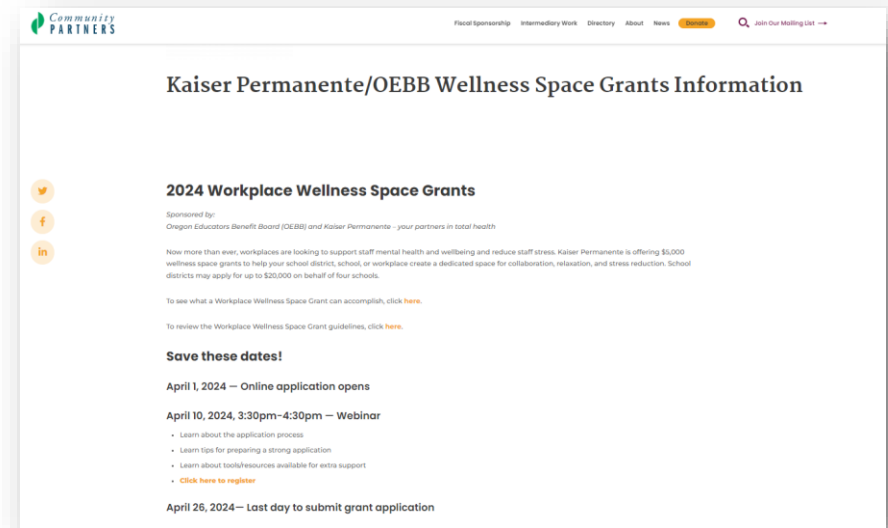


Learn More

- 2024 Wellness Space Grants [Landing Page](#)
- 2024 Wellness Space Grants [Guidelines](#)
- 2024 Application Webinar [Registration](#)
- [Testimonial Videos](#)

- General Questions?
 - Emmie Hiersche:
Emmie.hiersche@kp.org

- Application Support:
 - Liz Schwarte:
Liz@adlucemconsulting.com



Thriving Schools

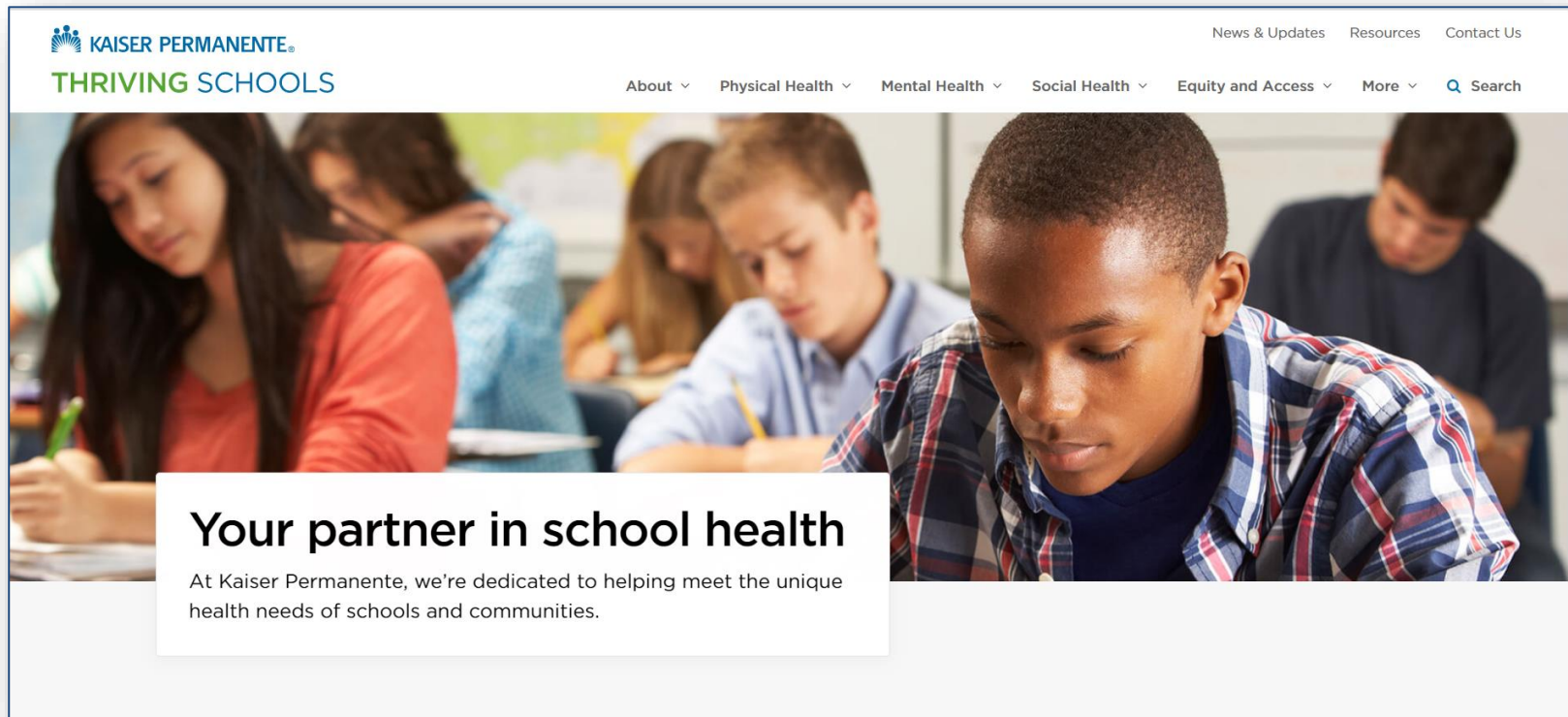
Thriving Schools offers a portfolio of resources



Access Thriving Schools resources [here](#)

Thriving Schools Website |

<https://thrivingschools.kaiserpermanente.org/>



The screenshot shows the top portion of the website. At the top left is the Kaiser Permanente logo and the text "KAISER PERMANENTE" and "THRIVING SCHOOLS". To the right are navigation links: "News & Updates", "Resources", and "Contact Us". Below these are dropdown menus for "About", "Physical Health", "Mental Health", "Social Health", "Equity and Access", and "More", followed by a search icon and the word "Search". The main visual is a photograph of diverse students in a classroom, focused on their work. A white text box is overlaid on the bottom left of the photo.

Your partner in school health

At Kaiser Permanente, we're dedicated to helping meet the unique health needs of schools and communities.

The Action Center

Let's create a Healthier Generation!

Kids' physical, emotional and social well-being are inseparable. Healthy kids do better in school, at home, and in life.

Our Action Center provides tools, guidance, and training to support schools and out-of-school time sites in creating healthier environments that empower kids to thrive.

- Assess the health and wellness of your school, district, or out-of-school time site
- Increase resilience of students and staff with the RISE Index, presented in partnership with Kaiser Permanente
- Access resources and trainings on physical education & activity, employee wellness, nutrition, social-emotional health and learning, policy, and more

Ready to get started?

Take 1 minute to create your free account.

[CREATE YOUR ACTION CENTER ACCOUNT](#)

Already have an Action Center account?

Email

Password

Show Password Keep me signed in

[LOG IN](#)

[Forgot your password?](#)

Resources

Search Tag Language Type



TOBACCO & VAPING

Resources for Tobacco-Free & Vaping-Free Schools

Access resources support tobacco-free and vaping-free school environments, in collaboration with the CVS Health Foundation and Campaign for Tobacco-Free Kids.



PHYSICAL ACTIVITY, WALKING CLASSROOM

The Walking Classroom

Walk, listen, and learn to get moving without sacrificing instructional time. The evidence-based program's "Walk, Listen, and Learn" methodology capitalizes on the favorable link between physical activity and cognitive function.



Kohl's Healthy at Home for Educators

Catalog of success stories, tips, and training to meaningfully engage families, students, and staff in promoting health and wellness.



5-Week Guides for Creating a Caring School Community

'Grab-and-go' resources to co-create a caring, supportive school environment with students, staff, and families.



Build Your Referral Pathway

School care workers are at the forefront of providing resources and support for homeless students. And take one critical step toward that support: we have made a referral. A referral pathway is a way of discussing and connecting to the steps that are taken after identifying a need for support. This helps everyone understand how to get the support they need and when they need it.

Steps to determine how to implement a referral pathway school pathway that connects people to resources in a timely, consistent, and equitable way.



FAMILY ENGAGEMENT, DISCIPLINE, TRAUMA-INFORMED, FOOD AC...

Build Your Referral Pathway

Connect people to resources in a timely, consistent, and equitable way by implementing a clearly defined referral pathway.



AMERICA'S HEALTHIEST SCHOOLS

Recognizing schools who lead the way in health and wellness

Healthier Generation's signature award program honors schools for the top role they play in advancing the health and well-being of students, staff, and families.

The honor of being named one of America's Healthiest Schools goes to winners nationwide through careful selection of the director through national media and in their local community.

Apply for recognition in up to nine topic areas:

- 1. Increasing Family & Community Engagement
- 2. Strengthening Social-Emotional Health & Learning

AMERICA'S HEALTHIEST SCHOOLS

Flyer | 2023 America's Healthiest Schools Award Application

Download this flyer to encourage schools in your community to apply for national recognition by April 18.

Healthier Generation resources [here](#)



Celebrating 35 years of service, Kaiser Permanente Educational Theatre educates, engages, and inspires individuals to make informed decisions about their health through the power of arts, storytelling, and human connection.

Educational Theatre offers award-winning, interactive performances and workshops to schools throughout the Kaiser Permanente footprint.

For more information, please visit:
kp.org/educationaltheatre

Or email us at:
educational-theatre@kp.org

Questions?

Survey

- For “Event ID” use **07**
- Today’s date is **04-17-2024**
- Two easy options:
 - Open browser and type in <https://tinyurl.com/2024KPWebinar>
 - Open your smartphone camera and focus it on the QR code and then click on the notification that pops up

