

OEBB Wellness Programs

Visit www.oregon.gov/OHA/OEBB/pages/Wellness-Resources.aspx to learn more about these programs.

Target Health Area	Available to OEBB Members Enrolled in Moda Medical Plans www.modahealth.com/oebb/members/health_tools_coaching.shtml 1-877-277-7281
Chronic Disease Management <i>Programs, resources and services outside normal healthcare services that assist you with managing chronic conditions</i>	<ul style="list-style-type: none"> ● Better Choices Better Health - online chronic condition management program ● Moda Health Coaching Programs - Diabetes care, Cardiac care, Depression care, Respiratory care, Spine & Joint care, Maternity care ● Health Shelf - online articles and resources on certain types of chronic conditions and diseases (<i>in myModa under Momentum tab</i>)
Depression & Stress Management <i>Programs, resources and services outside normal healthcare services for managing stress and depression</i>	<ul style="list-style-type: none"> ● Healthy Team Healthy U ● Health Coaching - Depression Care ● Lifestyle Coaching - Stress ● Health Shelf "Cope Well" - online articles and resources (<i>in myModa under Momentum tab</i>) ● Online quizzes and assessments
Diabetes Prevention & Management <i>Programs, resources and services that assist you with preventing or managing diabetes</i>	<ul style="list-style-type: none"> ● Virtual Lifestyle Management (VLM) ● Disease Management Program - Diabetes Care ● Health Coaching - Diabetes Care ● Health Shelf "Control Your Blood Sugar" - online articles and resources (<i>in myModa under Momentum tab</i>) ● Online quizzes and assessments
Diet & Exercise <i>Programs, services, and resources that you assist you with healthy eating and physical activity</i>	<ul style="list-style-type: none"> ● Weight Watchers ● Healthy Team Healthy U ● Lifestyle Coaching ● Fit It In! - online educational information ● Health Shelf "Eat Well" - online articles and resources (<i>in myModa under Momentum tab</i>) ● Health Shelf "What's Cooking" - healthy recipes (<i>in myModa under Momentum tab</i>) ● Online quizzes and assessments
Health Incentives & Assessments <i>Programs that provide incentives for healthy activities and/or help you identify health risks</i>	<ul style="list-style-type: none"> ● OEBB's Healthy Futures (sign up during Open Enrollment) ● Moda's Health Assessment (<i>in myModa under Momentum tab</i>)
Sleep Management <i>Programs, services and resources for healthy sleep</i>	<ul style="list-style-type: none"> ● Healthy Team Healthy U ● Lifestyle Coaching - Sleep Management ● Health Shelf "Sleep Well" - online articles and resources (<i>in myModa under Momentum tab</i>) ● Online quizzes and assessments
Tobacco Cessation <i>Programs, services and resources that assist you in stopping tobacco use</i>	<ul style="list-style-type: none"> ● Quit For Life Program - coaching, NRT, medications & workbook ● Tobacco Cessation Lifestyle Coaching & Support ● Online articles and resources ● Online quizzes and assessments ● Videos
Weight Management <i>Programs and resources that assist you in achieving and maintaining a healthy weight</i>	<ul style="list-style-type: none"> ● Weight Watchers ● Healthy Team Healthy U ● Health Coaching - Weight Care ● Health Shelf "Healthy Weight" - online articles and resources (<i>in myModa under Momentum tab</i>) ● Online quizzes and assessments



OEBC Wellness Programs

Visit www.oregon.gov/OHA/OEBC/pages/Wellness-Resources.aspx to learn more about these programs.

Target Health Area	Available to OEBC Members Enrolled in Kaiser Medical Plans www.kp.org/healthengagement 1-866-301-3866 (503-286-6816)
Chronic Disease Management <i>Programs, resources and services outside normal healthcare services that assist you with managing chronic conditions</i>	<ul style="list-style-type: none"> • Better Choices Better Health - online chronic condition management program • Classes - cancer rehab, kidney & Living Well with Chronic Conditions • Adult cancer support group • Lifestyle medicine program • Persistent pain management services • Care for Pain - online program • Podcasts & videos
Depression & Stress Management <i>Programs, resources and services outside normal healthcare services for managing stress and depression</i>	<ul style="list-style-type: none"> • Healthy Team Healthy U • Health coaching • Care for Depression - online program • Relax - online stress management program • Podcasts & videos
Diabetes Prevention & Management <i>Programs, resources and services that assist you with preventing or managing diabetes</i>	<ul style="list-style-type: none"> • Virtual Lifestyle Management (VLM) • Understanding Prediabetes Webinar • Classes - diabetes, insulin info, carb counting & pediatric diabetes • Care for Diabetes - online program • Podcasts & videos
Diet & Exercise <i>Programs, services, and resources that you assist you with healthy eating and physical activity</i>	<ul style="list-style-type: none"> • Weight Watchers • Healthy Team Healthy U • Nourish - online healthy eating program • Healthy Eating webinars & seminars • Health coaching • Exercise webinars & seminars • Videos & online resources
Health Incentives & Assessments <i>Programs that provide incentives for healthy activities and/or help you identify health risks</i>	<ul style="list-style-type: none"> • OEBC's Healthy Futures (sign up during Open Enrollment) • Kaiser Permanente's Total Health Assessment
Sleep Management <i>Programs, services and resources for healthy sleep</i>	<ul style="list-style-type: none"> • Healthy Team Healthy U • Health coaching • Dream - online sleep management program • Chronic Insomnia Class • Podcasts & videos
Tobacco Cessation <i>Programs, services and resources that assist you in stopping tobacco use</i>	<ul style="list-style-type: none"> • Quit For Life Program - coaching, NRT, medications & workbook • Tobacco cessation classes (in-person & webinar-based) • Tobacco cessation coaching • Breathe - online tobacco cessation program • Online resources • Podcasts & videos
Weight Management <i>Programs and resources that assist you in achieving and maintaining a healthy weight</i>	<ul style="list-style-type: none"> • Weight Watchers • Healthy Team Healthy U • Balance - online weight management program • Weight Management class & seminars • Health coaching • Books, podcasts & videos

