

Click on the links below to explore

HEALTH, WELLNESS & WORK LIFE RESOURCES

FINANCIAL

Voluntary Retirement Savings
Tuition Reduction (Staff Fee Privileges)
Oregon College Savings
Flexible Spending Accounts
Advantage Home Plus

WORK LIFE

Dual Career
Webinars, Events & Workshops
Flexible Work Arrangements
Care.com
Work Life Website

MENTAL

Mind Spa & Meditations
Survivor Advocacy & Resource Center
Short-Term Mental Health Support
Long-Term Mental Health Support

PHYSICAL

Heathy Team Healthy U
WW (Weight Watchers)
Faculty Staff Fitness
Quit for Life (Tobacco Cessation)
Dixon Recreation Center

FAMILY RESOURCE CENTER

Child Care Centers
Elder Care
Lactation Resources
FRC Resources & Services

SOCIAL AND CULTURAL

Cultural Resource Centers
Social Justice Workshops
Craft Center
Affinity Groups
International Moms Group

EMPLOYEE ASSISTANCE PROGRAM

What is the Beyond Benefits EAP Program?
Login Information

DISCOUNTS

Orange Rewards
Working Advantage
OSU Cell Discounts

For more information visit the [benefits website](#)
For questions contact work.life@oregonstate.edu