

WORK LIFE & WELLNESS AT OSU



TEAM UP WITH A FREE HEALTH COACH*

If you're ready to feel better, move more, eat healthier, lose weight, quit using tobacco, improve your sleep, and/or reduce your stress, a health coach can help — and at no cost to you. It's easier to set and stick to your goals when you have a partner to support your journey.

A health coach can help you:

*PEBB members

- Meet your goals in baby steps
- Find healthy snacks and quiet spaces in your home so it's easier to make smart choices
- Set limits to help you say no
- Share your goals with friends, family members, and coworkers who can help encourage you to stay on track
- Cheer you on and help you move past setbacks
- Get started today — here's how:
- Providence members: Visit [ProvidenceHealthPlan.com/healthcoach](https://www.providencehealthplan.com/healthcoach) or call 888-819-8999
- Moda members: Call 877-277-7281 or email healthcoachteam@modahealth.com (TTY users, please call 711)
- Kaiser members: Visit [kp.org/pebb](https://www.kp.org/pebb) or call 503-286-6816, option 2 (Portland area) or 866-301-3866, option 2 (all other areas)

JANUARY WEBINARS & EVENTS

Jan 11

9AM | Care.com's The Great Reset
12PM | Beaver Family Connections
12PM | Walking for Mental Health
12PM | Beyond Benefits EAP Overview

Jan 12

12PM | WebMD HealthyYou, Powered by WebMD ONE
12PM | Beaver Dads - Drop in and chat with other self identified dads

Jan 13

12PM | Eldercare Connections - Walk with Ease
12PM | Kaiser Wellness Event and Resources

Jan 18

12PM | Moda Wellness Resources for PEBB Members
1PM | Employee Parent Connections: Drop in and chat with other parents

Jan 19

12PM | Providence Health Plan, Well-being Resources

Jan 20

12PM | More to Know about VSP Vision Care
12PM | BABY@OSU
1PM | Emotional Eating: The Connection Between Mood and Food

Jan 25

12PM | Canary Health - Better Choices, Better Health: How Support from Peers Helps Keep You Healthy
1PM | Employee Parent Connections

Jan 26

12PM | Willamette Dental Group: Proactive Dentistry
12PM | The Five Pillars of Personal Finance
12PM | Beaver Dads

Jan 27

12PM | WW: PersonalPoints, WW's most personalized program ever

**Click on
any title to
register or
learn more!**