



YOUR JOURNEY, YOUR HEALTH

PEBB's wellness resources
for all of life's adventures



Physical fitness, emotional health, and financial stability make up your total wellbeing

Find the support you need to achieve your health and wellbeing goals. Health coaches, online and self-guided programs, webinars, and more—there’s something for everyone!

Click any health area below to see what’s available.

Physical Wellbeing

Take care of your body with resources to support good nutrition and physical activity



Emotional Wellbeing

Maintain peace and balance in your life with support for your mental, emotional, and social wellbeing



Financial Wellbeing

Get help with budgeting, reducing debt, improving your credit score, and preparing for your future



Ongoing Health Conditions

Live your best life while managing an ongoing condition like diabetes, sleep apnea, arthritis, depression, and more





Wellness at a Glance

Looking for resources for a specific health area? Click anywhere to learn more.

	Your PEBB medical plan offers many different wellness tools and resources.			PEBB's wellness partners offer support too.			
	 KAISER PERMANENTE®	 moda HEALTH	 Providence Health Plan	 Oregon State University lyra OSU PEBB members	 canopy For non-OSU PEBB members	 healthy you WebMD	 WeightWatchers
Physical Wellbeing	●	●	●		●	●	●
Emotional Wellbeing	●	●	●	●	●	●	●
Financial Wellbeing	●			●	●	●	
Ongoing Health Conditions	●	●	●			●	●
Immediate Help 24/7 Care	●	●	●	●	●		●



Physical Wellbeing

Click any card below to learn more.



For Kaiser Permanente plan members

Personal health coaching, fitness products, virtual programs, gym memberships, and more.



For Moda Health plan members

Personalized programs specific to you through your Moda 360 Member Dashboard, which also includes care reminders, health coaching, fitness products, gym memberships, and more.



For Providence plan members

Personal health coaching and the Healthy Eating and Active Lifestyle Program.



For non-OSU PEBB members

Resources for physical health, fitness, nutrition, stress management, and personal safety, including counseling, online tools, gym membership discounts, and fertility health support.



For anyone age 18+ enrolled in a PEBB medical plan

Set goals, track your progress, and stay motivated along the way.



For anyone age 18+ enrolled in a PEBB medical plan

Guides you toward eating healthier, moving more, and developing a positive mindset.



Emotional Wellbeing

Click any card below to learn more.



For Kaiser Permanente plan members

Personal health coaching and self-help apps for mindfulness and cognitive-based therapy.



For Moda Health plan members

Personalized programs specific to you through your Moda 360 Member Dashboard, which includes care reminders, health coaching, online mental health support, and the Enhanced Behavioral Health program.



For Providence plan members

Personal health coaching, a behavioral health concierge, and self-guided cognitive behavioral therapy to support anxiety, depression, insomnia, substance abuse, and more.



For OSU members

Confidential counseling, family support, online communities and resources, and 24-hour crisis support.



For non-OSU PEBB members

Life coaching, free counseling sessions, and crisis counseling.



For anyone age 18+ enrolled in a PEBB medical plan

Counseling and an extensive online resource library, group activities, digital coaching, and a portal to help you set goals, track your progress, and stay motivated along the way.



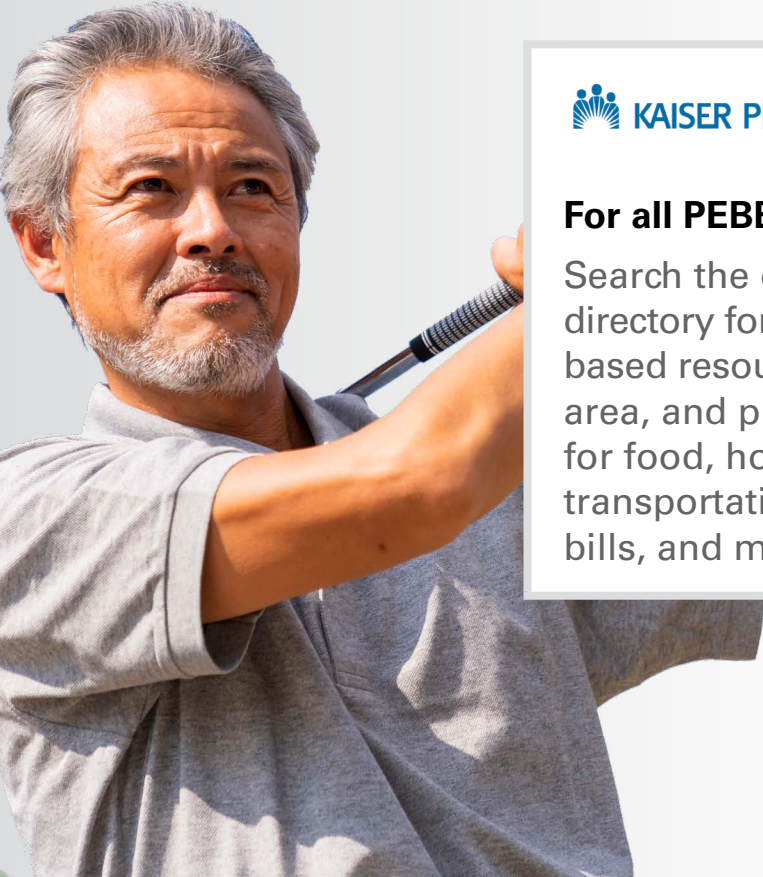
For anyone age 18+ enrolled in a PEBB medical plan

Techniques and tools for meditation, as well as promoting self-care, body positivity, and gratitude.



Financial Wellbeing

Click any card below to learn more.



For all PEBB members

Search the online directory for community-based resources in your area, and programs for food, housing, transportation, paying bills, and more.



For OSU members

Consultants who will provide actionable plans to address financial needs and legal concerns.



For non-OSU PEBB members

Identity theft protection, financial coaching, legal support, home ownership programs, and more.



For anyone age 18+ enrolled in a PEBB medical plan

Extensive online resource and podcast library, group activities, digital coaching, and more.



Ongoing Health Conditions

Click any card below to learn more.



For Kaiser Permanente plan members

Personal health coach to get 1:1 support for ongoing health conditions and applicable resources. Also get support for diabetes prevention and attend classes for other ongoing health conditions.



For Moda Health plan members

Personalized programs specific to you. Use personal health coaches, virtual physical therapy, and programs for diabetes management, cardiovascular care, chronic kidney disease management, and management of other chronic conditions.



For Providence plan members

Personal health coaching, and programs for diabetes and weight management, musculoskeletal pain management, and resources for other chronic conditions.



For anyone age 18+ enrolled in a PEBB medical plan

Extensive online resource and podcast library, group activities, digital coaching, and more.



For anyone age 18+ enrolled in a PEBB medical plan

Diabetes support toward foods that are less likely to impact blood sugar levels including recipes that are tailored to diabetes, and access to WeightWatchers coaches, via in-person or virtual workshops, as well as the WeightWatchers community.





KAISER PERMANENTE®

Kaiser Permanente | [Moda Health](#) | [Providence Health](#) | [Lyra Health](#) | [Canopy](#) | [HealthyYou by WebMD ONE](#) | [WeightWatchers](#) | [HEM: Health Engagement Model](#)

WHO IS ELIGIBLE?

PEBB members enrolled in a Kaiser Permanente medical plan. (See benefit links for additional requirements.)

Contact Kaiser Permanente

- [Website](#)
- Phone: 800-813-2000
- App:



Need care now?
Click [here](#).

Physical Wellbeing

Emotional Wellbeing

Financial Wellbeing

Ongoing Health Conditions

- Personalized [health assessment](#)
- [Personal health coach](#)
- [Active&Fit Direct](#): Gym membership discounts
- [ClassPass](#): Virtual workouts
- [ChooseHealthy](#): Discounts on fitness and health products and services
- [Freedom from Tobacco](#): Classes to quit using tobacco with group and one-on-one coaching
- [Digital healthy lifestyle program](#): Includes moving more, sleeping better, quitting tobacco, and more



KAISER PERMANENTE®

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Physical Wellbeing

Emotional Wellbeing

Financial Wellbeing

Ongoing Health Conditions

- [Self-care apps](#): Including Calm, myStrength, and Ginger
- [Personal health coach](#)
- [Mindfulness](#)
- [Understanding your mental health](#): Content center with information about where to access care, self-care assessments, and more
- [Mind and body health education classes](#)
- [Digital healthy lifestyle program](#): Includes reducing stress and more
- [Engage in Find Your Words](#): Kaiser Permanente’s public mental health awareness campaign to fight stigma, build resilience, and help people find mental health support
- [Community resource directory](#): Find community-based resources and programs for food, housing, transportation, paying bills, and more



**KAISER
PERMANENTE®**

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Physical Wellbeing

Emotional Wellbeing

Financial Wellbeing

Ongoing Health Conditions

- [Community resource directory](#): Online resource if you need help with food, housing, paying for Internet and other utilities, and more. Plus, explore the directory of community-based programs and services in your area. This is available to all PEBB members



KAISER PERMANENTE®

Kaiser Permanente | [Moda Health](#) | [Providence Health](#) | [Lyra Health](#) | [Canopy](#) | [HealthyYou by WebMD ONE](#) | [WeightWatchers](#) | [HEM: Health Engagement Model](#)

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Physical Wellbeing

Emotional Wellbeing

Financial Wellbeing

Ongoing Health Conditions

- [Personal health coach](#)
- [Omada](#): Digital weight loss and diabetes management program. Free tools and dedicated health coach support to lose weight, gain energy, and take control of your health
- [Ongoing Chronic-Conditions Health Education Classes](#): Access on-demand or virtual classes. Topics include healthy lifestyle changes to improve your health, support for a cancer diagnosis, managing chronic pain, and living with ongoing conditions (like diabetes, arthritis, and asthma)
- [Digital healthy lifestyle program](#): Includes losing weight, eating healthy, and more



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WHO IS ELIGIBLE?

PEBB members enrolled in a Moda Health medical plan. (See benefit links for additional requirements.)

Contact Moda Health

- [Website](#)
- Phone: 844-776-1593
- Apps: To download Moda Health-related apps, go to the [Moda Health website](#).

Need care now?
Click [here](#).

Physical Wellbeing

- Interactive Wellness Tool Overview: Personalized [health assessment](#)
- [Coaching and health tools](#): Personal health coach to set sustainable health goals, better understand your wellbeing, manage ongoing conditions, and make healthy lifestyle changes. To get started, call 855-466-7155 or email healthcoachteam@modahealth.com
- [Active&Fit Direct](#): Gym membership discounts. Log in to your [Member Dashboard](#) to enroll

Emotional Wellbeing

- [ChooseHealthy](#): Discounts on fitness and health products and services. Log in to your [Member Dashboard](#) to get started
- [Quit for Life](#): Quit tobacco with Quit coaches who create personalized strategies for you to stay on track. Includes nicotine replacement therapy and coverage of certain prescribed medications. Log in to your [Member Dashboard](#) to get started
- [Sword](#): Digital-based physical therapy care to treat all major musculoskeletal conditions. Your physical therapist will create and oversee your individualized program, and is available to chat anytime. Log in to your [Member Dashboard](#) to get started

Ongoing Health Conditions



[Kaiser Permanente](#) | [Moda Health](#) | [Providence Health](#) | [Lyra Health](#) | [Canopy](#) | [HealthyYou by WebMD ONE](#) | [WeightWatchers](#) | [HEM: Health Engagement Model](#)

WHO IS ELIGIBLE?

PEBB members enrolled in a Moda Health medical plan. (See benefit links for additional requirements.)

Contact Moda Health

- [Website](#)
- Phone: 844-776-1593
- Apps: To download Moda Health-related apps, go to the [Moda Health website](#).

Need care now?
Click [here](#).

Physical Wellbeing

- [Meru Health](#): Available to members age 18 and older, this is a 12-week treatment program to help reduce anxiety, depression, and burnout, directly from your phone
- [Coaching and health tools](#): Personal health coach to help manage and improve your emotional health. To get started, call 855-466-7155 or email healthcoachteam@modahealth.com
- [Equip Health](#): Virtual eating disorder treatment for patients ages 6-24

Emotional Wellbeing

- [Charlie Health](#): Virtual Intensive Outpatient Program providing personalized treatment for teens, young adults, and their families. The program includes video-based sessions, flexible scheduling, skill-based and creative arts therapy, and trauma-informed curriculum
- [Cyti Psychological](#) (Oregon only): Telehealth benefit that delivers high-quality individual, family, and couples counseling
- Addiction treatment: Personalized care for drug and alcohol addiction through in-network treatment facilities, including the [Hazelden Betty Ford Foundation](#). Experts at the foundation provide clinical care, education and research in addiction prevention, treatment, and recovery

Ongoing Health Conditions



[Kaiser Permanente](#) | [Moda Health](#) | [Providence Health](#) | [Lyra Health](#) | [Canopy](#) | [HealthyYou by WebMD ONE](#) | [WeightWatchers](#) | [HEM: Health Engagement Model](#)

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- Apps: To download Moda Health-related apps, go to the [Moda Health website](#).

Need care now?
Click [here](#).

Physical Wellbeing

Emotional Wellbeing

Ongoing Health Conditions

- **Coaching and health tools:** Personal health coach to set sustainable health goals, better understand your wellbeing, manage ongoing conditions, and make healthy lifestyle changes. To get started, call 855-466-7155 or email healthcoachteam@modahealth.com
- **Livongo:** Diabetes Prevention Program that connects your path to healthy living. Get a smart scale, a personalized action plan, and ongoing expert coaching and support. Log in to your [Member Dashboard](#) to get started
- **Sword:** Digital-based physical therapy care to treat all major musculoskeletal conditions. Your physical therapist will create and oversee your individualized program, and is available to chat anytime. Log in to your [Member Dashboard](#) to get started



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WHO IS ELIGIBLE?

PEBB members enrolled in a Providence Health medical plan. (See benefit links for additional requirements.)

Contact Providence Health

- [Website](#)
- [Wellness Resources](#)
- Phone: 800-878-4445
- App:



Need care now?
Click [here](#).

Physical Wellbeing

Emotional Wellbeing

Ongoing Health Conditions

- Personalized [health assessment](#) on myProvidence
- Personal [health coaching](#)
- **One Pass Select:**™ Access gym membership discounts, digital fitness apps, and home grocery delivery services for less than \$1 a day
- **ChooseHealthy** Program: Discounts on wellness products and memberships
- **Quit for Life:** Quit tobacco with Quit coaches who know how tough it is to quit, and have personalized strategies for you to stay on track. Includes nicotine replacement therapy and coverage of certain prescribed medications



[Kaiser Permanente](#) | [Moda Health](#) | Providence Health | [Lyra Health](#) | [Canopy](#) | [HealthyYou by WebMD ONE](#) | [WeightWatchers](#) | [HEM: Health Engagement Model](#)

WHO IS ELIGIBLE?

PEBB members enrolled in a Providence Health medical plan. (See benefit links for additional requirements.)

Contact Providence Health

- [Website](#)
- [Wellness Resources](#)
- Phone: 800-878-4445
- App:



Need care now?
Click [here](#).

Physical Wellbeing

Emotional Wellbeing

Ongoing Health Conditions

- **[Behavioral Health Concierge](#)**: Make appointments with a licensed professional
- **[Learn to Live](#)**: Self-guided cognitive behavioral therapy (CBT) to support anxiety, depression, insomnia, stress, and substance use
- **[Personal health coaching](#)**: Get one-on-one health coaching to help you take action toward healthier lifestyle goals
- **[Behavioral Health Network](#)**: 24/7 direct access to a dedicated behavioral health and substance use disorder service support team that includes crisis-trained staff



[Kaiser Permanente](#) | [Moda Health](#) | Providence Health | [Lyra Health](#) | [Canopy](#) | [HealthyYou by WebMD ONE](#) | [WeightWatchers](#) | [HEM: Health Engagement Model](#)

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- [Wellness Resources](#)
- Phone: 800-878-4445
- App:



Need care now?
Click [here](#).

Physical Wellbeing

Emotional Wellbeing

Ongoing Health Conditions

- [Virta](#): A diabetes management program
- [Omada](#): A digital weight loss and diabetes management program. Gives you free tools and support to lose weight, gain energy, and take control of your health. A dedicated health coach helps you build a personalized plan. Use smart scales and other technology to stay on track
- [Healthy Eating and Active Lifestyle \(H.E.A.L.\)](#): A year-long program for people with prediabetes and those at high risk for type 2 diabetes. With a health coach, build a personalized, evidence-based plan for achieving moderate weight loss, eating well, and staying active
- [Kaia Health](#): Personalized pain management and coaching for muscle, ligament, tendon, and joint pain. Learn different physical activities to improve strength and mobility, techniques to reduce stress and tension, and get one-on-one support from your personal care team
- [Care Management](#): Personalized support for asthma, COPD, heart failure, cancer, and more



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WHO IS ELIGIBLE?

PEBB members who work for Oregon State University (OSU) and their household members.

Contact Lyra Health

- [Website](#)
- Phone: 877-235-7812
- App:



Need care now?
Call: 877-235-7812

Lyra Health is OSU's Employee Assistance Program (EAP). You can access specific resources for family and emotional wellbeing needs, legal concerns, and financial planning assistance. With your Lyra consultant, you can create a personalized and actionable plan to address whatever life event or challenge you are facing.

Emotional Wellbeing

- **Lyra Therapy:** Get up to 8 therapy sessions. Use Blended Care Therapy to stay connected with your therapist between sessions
- **Lyra Coaching:** Work with your Lyra Coach to better understand your challenges, decide where to focus, and plan a path forward
- **Lyra Guided Self-Care plan** with activities that directly address your goals
- **Lyra Essentials:** Access a rich library of research-based self-care resources

Financial Wellbeing

- **Lyra Learn:** On-demand interactive courses of more than 150 short-form videos and interactive exercises
- **Lyra Gatherings:** Learn from other members in small-group discussions facilitated by Lyra's experts on timely topics

To get started with Lyra Learn or Lyra Gatherings, go to learn.lyrahealth.com and enter the customer code **#osu445** to register. Use a personal email for Lyra Care and a work email for Lyra Learn/Gather.



[Kaiser Permanente](#) | [Moda Health](#) | [Providence Health](#) | [Lyra Health](#) | [Canopy](#) | [HealthyYou by WebMD ONE](#) | [WeightWatchers](#) | [HEM: Health Engagement Model](#)

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Emotional Wellbeing

Financial Wellbeing

Lyra offers the following work-life services:

- Legal services include a free 30-minute consultation with an attorney or mediator and access to 24-hour emergency support
- Financial services include a free 30-minute consultation with a financial counselor and a free 30-minute consultation with a CPA
- Identity theft services include a free 60-minute consultation with a fraud resolution specialist and a free ID emergency response kit
- Dependent care services include resources and referrals for child, elder, and pet care and 24-hour online and phone support



[Kaiser Permanente](#) | [Moda Health](#) | [Providence Health](#) | [Lyra Health](#) | [Canopy](#) | [HealthyYou by WebMD ONE](#) | [WeightWatchers](#) | [HEM: Health Engagement Model](#)

WHO IS ELIGIBLE?

PEBB members who do not work for Oregon State University (OSU) and their household members.

Contact Canopy

- [Website](#)
- Phone: 800-433-2320
- Text: 503-850-7721
- App:



Need care now?

Call: 800-433-2320
Text: 503-850-7721

Canopy is PEBB's Employee Assistance Program (EAP) for non-OSU members. With Canopy, you have access to innovative, human-centered services for physical, emotional, financial, and immediate wellbeing. Explore counseling services, financial coaching, legal consultation, homeownership support, and more.

Physical Wellbeing

Emotional Wellbeing

Financial Wellbeing

- Receive gym membership discounts
- Fertility health support



[Kaiser Permanente](#) | [Moda Health](#) | [Providence Health](#) | [Lyra Health](#) | Canopy | [HealthyYou by WebMD ONE](#) | [WeightWatchers](#) | [HEM: Health Engagement Model](#)

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Physical Wellbeing

Emotional Wellbeing

Financial Wellbeing

- Receive 3 – 8 free counseling sessions per incident (depending on agency)
- Access 24/7 crisis counseling, 365 days per year
- Supportiv: Peer-to-peer chat connects you with others who are dealing with similar issues. Answer the question: "What's your struggle?" and you'll be instantly matched with peers who really get it. The small text chat group will also include a trained moderator to keep conversation flowing. Supportiv is available 24/7/365. Go to supportiv.com/PEBB and click "Chat Now" to get started.
- Connect with a life coach
- Take a complete mental health screening through WholeLife Directions and receive an instant connection to personalized treatment (and earn two health actions for [HEM](#))



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Physical Wellbeing

Emotional Wellbeing

Financial Wellbeing

Talk with an advisor or use online resources related to:

- Identity theft
- Childcare and eldercare
- Financial coaching
- Home ownership program and housing support
- Legal consultations, will kit, and other online legal tools
- Pet insurance

To access EAP services and programs online, [register for a Canopy account](#). Company name: PEBB



[Kaiser Permanente](#) | [Moda Health](#) | [Providence Health](#) | [Lyra Health](#) | [Canopy](#) |
 HealthyYou by WebMD ONE | [WeightWatchers](#) | [HEM: Health Engagement Model](#)



WHO IS ELIGIBLE?

PEBB members and dependents age 18+ who are enrolled in a PEBB medical plan.

Contact HealthyYou

- [Website](#)
- Phone: 888-388-8248

HealthyYou by WebMD ONE is your one-stop shop to access trusted information in any health area. No matter what wellbeing goal you want to achieve, HealthyYou has a suite of tools to help you reach it. Resources include an extensive online library, group activities, a comprehensive podcast library, a digital coaching tool, and much more, custom delivered to match your preferences.

Through the HealthyYou portal you can set goals, track your progress, and stay motivated and informed along the way.

To learn more or get started:

- Watch this [overview video](#)
- Create a free account on the [website](#)
- Call 888-388-8248



[Kaiser Permanente](#) | [Moda Health](#) | [Providence Health](#) | [Lyra Health](#) | [Canopy](#) | [HealthyYou by WebMD ONE](#) | [WeightWatchers](#) | [HEM: Health Engagement Model](#)



WHO IS ELIGIBLE?

PEBB members and dependents age 18+ who are enrolled in a PEBB medical plan.

Contact WeightWatchers

- [Website](#)
- Phone: 866-454-2144
- App:



To avoid accidental billing, be sure to enroll on [PEBB.ww.com](https://pebb.ww.com) BEFORE downloading the app.

Wellness and Weight Loss

Getting Started

Reach your weight loss and wellness goals with WeightWatchers. The WeightWatchers program allows you to lose weight while eating the foods you love, and guides you toward eating healthier, moving more, and developing a positive mindset. And, it's free to you when you're enrolled in a PEBB medical plan.

Get a science-backed nutrition plan customized for your lifestyle, trackers, thousands of recipes for meal inspiration, and 24/7 coach support. Plus, access the Connect community through the award-winning app, for a members-only social network, on-demand walking, meditation, and more.



[Kaiser Permanente](#) | [Moda Health](#) | [Providence Health](#) | [Lyra Health](#) | [Canopy](#) | [HealthyYou by WebMD ONE](#) | [WeightWatchers](#) | [HEM: Health Engagement Model](#)



WHO IS ELIGIBLE?

PEBB members and dependents age 18+ who are enrolled in a PEBB medical plan.

Contact WeightWatchers

- [Website](#)
- Phone: 866-454-2144
- App:



To avoid accidental billing, be sure to enroll on [PEBB.ww.com](#) BEFORE downloading the app.

Wellness and Weight Loss

Getting Started

To learn more or get started:

- Sign up at [PEBB.ww.com](#) — have your medical plan ID card in hand.
- Already a WeightWatchers member? Call 866-454-2144 to sync a current WeightWatchers account and take advantage of this benefit at NO COST to you.

When prompted for your medical plan information, refer to your ID card:

- **Kaiser Permanente members:** Use the health record number.
- **Moda Health members:** Use the 9-character ID number and the 2-digit suffix by your name.
- **Providence Health Plan members:** Use the 11-digit ID number.

Note: Be sure to enroll on [PEBB.ww.com](#) BEFORE downloading and using the WeightWatchers mobile app. Starting with the app may result in accidental billing.



HEM: Health Engagement Model

[Kaiser Permanente](#) | [Moda Health](#) | [Providence Health](#) | [Lyra Health](#) | [Canopy](#) | [HealthyYou by WebMD ONE](#) | [WeightWatchers](#) | HEM: Health Engagement Model

WHO IS ELIGIBLE?

PEBB members who enroll in a PEBB medical plan during Open Enrollment (October 1 – October 31) and who complete the required activities.

Learn more about HEM

- [Website](#)

What Is HEM?

Learn about your health risks and save money too!

With HEM, PEBB pays you to learn about your health risks and take steps to reduce those risks when possible. When you take part in HEM:

- PEBB pays you a taxable incentive of \$17.50 per month, and
- You keep your medical plan deductible low

If you decide not to take part, you will pay a higher deductible and you won't receive a monthly incentive.

How HEM Works



Take the [Providence Health Assessment](#)



Take the [Kaiser Permanente Health Assessment](#)



Take the [Moda Health Assessment](#)



HEM: Health Engagement Model

[Kaiser Permanente](#) | [Moda Health](#) | [Providence Health](#) | [Lyra Health](#) | [Canopy](#) | [HealthyYou by WebMD ONE](#) | [WeightWatchers](#) | HEM: Health Engagement Model

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Learn more about HEM

- [Website](#)

What Is HEM?

How HEM Works

Each year, you must do the following to participate in HEM:

1. Take the health assessment through your medical plan’s website from September 1 through October 31 of the current year. (Health assessments done outside of these dates will not be accepted. **Be sure to print or save your completion certificate.**)
2. Enroll in a PEBB medical plan for the next plan year. You can enroll during Open Enrollment (from October 1 through October 31).
3. Complete two health actions during the next plan year. You don’t have to report them. You just need to let us know you did them at Open Enrollment next year.

Note: Contact your medical carrier if you need a password reset. It may take up to 14 days for Kaiser Permanente members to receive their password, so please don’t wait!



Take the [Providence Health Assessment](#)



Take the [Kaiser Permanente Health Assessment](#)



Take the [Moda Health Assessment](#)



Need Care Now?

Telehealth is available at no cost to all PEBB members and their dependents enrolled in a medical plan. Additionally, Canopy and Lyra Health offer 24/7 crisis counseling.

Kaiser Permanente | Moda Health | Providence Health

Lyra Health | Canopy | WeightWatchers



For Kaiser Permanente plan members

[Kaiser Telehealth](#)

Virtual care for ongoing conditions, follow-ups after a procedure, and prescriptions/refills; pediatric care, dermatology, and physical therapy also available.

Call: 800-813-2000
24 hours, 7 days a week



For Moda Health plan members

[CirrusMD app](#)

Virtual care for health questions or medical advice on common conditions like colds and flu symptoms, chronic conditions like high blood pressure and diabetes, women's health, mental health, and more. Plus, doctors can prescribe medication and refill prescriptions, if needed.

Call: 844-776-1593
24 hours, 7 days a week



For Providence plan members

[Providence ExpressCare Virtual](#)

Virtual care for common conditions like colds, flu, headaches, fevers, and more; also available for other health conditions affecting eyes, ears, nose, throat, lungs, skin, and more.

8 a.m. to midnight, 7 days a week



Need Care Now?

Telehealth is available at no cost to all PEBB members and their dependents enrolled in a medical plan. Additionally, Canopy and Lyra Health offer 24/7 crisis counseling.

Kaiser Permanente | Moda Health | Providence Health

Lyra Health | Canopy | WeightWatchers



For OSU members

Crisis counseling: 877-235-7812
24 hours, 7 days a week



For non-OSU members

Call: 800-433-2320
24 hours, 7 days a week



For anyone age 18+ enrolled in a PEBB medical plan

Once enrolled, chat with a Coach 24/7 in the WeightWatchers app or on the WeightWatchers [website](#).



Contact Our Partners

	Health Engagement Model			
<p><u>Website</u> 800-433-2320 (Text: 503-850-7721) info@canopywell.com</p>	<p><u>Website</u></p>	<p><u>Website</u> 888-388-8248</p>	<p><u>Website</u> 800-813-2000</p>	<p><u>Website</u> 844-776-1593 PEBBcustomerservice@modahealth.com</p>
			Tobacco Cessation	
<p><u>Website</u> For those enrolled in a Providence or Kaiser Permanente medical plan</p>	<p><u>Lyra Health Website</u> 877-235-7812 care@lyrahealth.com</p> <p><u>OSU Website</u> 541-737-2805 employee.pebbenefits@oregonstate.edu</p>	<p><u>Website</u> 800-878-4445</p>	<p>Moda Health and Providence members: <u>Quit for Life</u> 866-784-8454</p> <p>Kaiser Permanente members: <u>Freedom From Tobacco</u> 503-286-6816 or 866-301-3866 (select option 2)</p>	<p><u>Website</u> 866-454-2144</p>



PEBBwellness.com

503-373-1102