

Wellness Newsletter

January 2020



Live a Healthy Lifestyle

It's a new year and we're here to help you meet your goals for 2020 and beyond.

Take advantage of great resources like WW (formerly Weight Watchers Reimagined) and health coaching to help you be your best.

Visit the enhanced [OEBBwellness.com](https://oebbwellness.com) site any time for improved online access to wellness tools and resources OEBB has to offer.



What's Inside

Put WW to Work for You!	2
Health Coaching 101	3
Take Charge of Your Health	4
Eat Your Way to Better Health	6
Tools & Resources to Live A Healthy Lifestyle	7

Keep reading to see how you can live a healthy lifestyle and stay focused on you this year!

Put WW to Work for You!

Article courtesy of WW (Weight Watchers Reimagined)

OEBB is committed to helping you and your family reach your wellness goals – to lose weight, eat healthier, move more, develop a more positive mindset, or all of the above by covering 100% of the cost for the WW (Weight Watchers® Reimagined) program.

Anyone enrolled in an OEBB medical plan (age 18 or older) can sign up for WW (Weight Watchers® Reimagined) at no cost. Plus, dependents ages 10-17 who are enrolled in an OEBB medical plan are eligible

to participate in **Kurbo by WW**. When you join WW, you can lose weight and build healthy habits with a science-backed program that fits your life. With WW you can still eat the foods you love and make progress towards your

goal, supported by our easy-to-use, award winning app!

To sign up or learn more visit: [OEBB.WW.com](https://oebb.ww.com). Enter employee ID: **15066302** to enroll.

Kurbo by WW

A proven program that helps kids and teens build healthy habits, for life.

Kurbo by WW is now available to kids and teens ages 10-17 enrolled in an OEBB medical plan at no cost.

To sign up or learn more visit: [Kurbo.com/OEBB](https://kurbo.com/OEBB) or call 1-800-444-7158.

Improve your mental health and fitness with Total Brain

The Total Brain mobile app is **FREE** for all OEBB insured members age 18 and older and will help you develop resilience, manage stress, build positivity, think more clearly and interact with others more effectively.

Get started:

- [Watch a brief overview video](#)
- [Register](#)
- Take the 20-minute personal assessment
- Once you've completed the personal assessment, download the mobile app for on-the-go access



Health Coaching 101: Thinking About a Healthier Lifestyle?

Article courtesy of Moda Health

You've got a coach in your corner! Whether you have an ongoing health issue, like diabetes, or just want to eat better and exercise, there's a health coach for that.

Your health coach creates a partnership with you to discuss your goals and create a plan of action that feels good to you. Your coach will give advice or information when you ask for it, but you will be the one to decide what you want to work on and how you will achieve it.

Get help with:

- Nutrition
- Physical activity
- Sleep
- Stress

...and much more!



If you are enrolled in a Moda Health medical plan:

Call **877-277-7281** or email careprograms@modahealth.com.

If you are enrolled in a Kaiser Permanente medical plan:

Sign up online at www.kp.org and click on "Schedule appointment," then scroll down to "Health and Wellness Education." From there, select "Health Coach," and follow the prompts for the date and time that you want.

You can also call **503-286-6816** or **866-301-3866** and select option 2.

Take Charge of Your Health: Create Your Personal Action Plan

Article courtesy of Kaiser Permanente

A goal is something you want to accomplish but may take a while to achieve, such as losing weight or decreasing your blood pressure.

Action plans are short-term plans that help you reach your goal. You are more likely to succeed when you include a specific action or behavior that you want to do and know that you will be able to accomplish.

A specific plan answers these questions:

- What are you going to do?
- When are you going to do it?
- How much are you going to do?
- How many days a week are you going to do it?

Tip for success

Your confidence level is an indicator of how certain you are that you will succeed with your action plan. Attach a confidence level of 0 to 10 to your plan. That can help you test how achievable your plan is. With a confidence of 7 or higher, you are more likely to carry out your plan.

My Action Plan

Print this page, fill it out and keep yourself accountable.

My goal is:

Reason this goal is important to me:

This week I will:

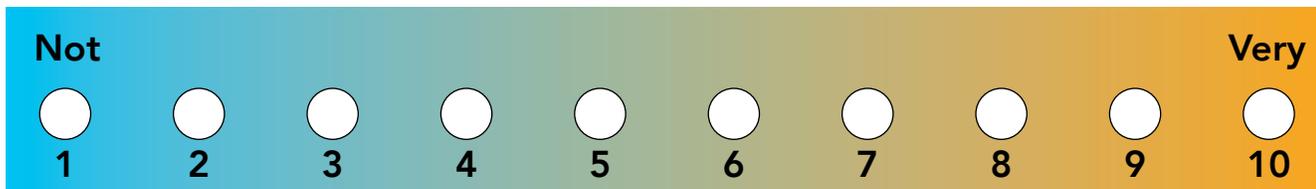
(what)

(how much)

(when)

(how often)

How confident are you that you will succeed with your plan?



Important: You are more likely to carry out your plan with a confidence of 7 or higher.

Things that could make it difficult to fulfill my action plan:

My plan for overcoming these challenges:

Support and resources I will need to fulfill my action plan:

My reward:

Review date: (with who?)

My signature:

Action plan examples:

- This week I will walk (**what**) for 20 minutes (**how much**) before lunch (**when**) three days (**how many**).
- This week I will take my medications as prescribed before breakfast, lunch and dinner every day.

Eat Your Way to Better Health

Article courtesy of *Moda Health*

What's your best defense against serious health conditions? A healthy diet!

Try to avoid saturated fats and salt, and eat these foods first:

- Fruits and vegetables
- Whole grains
- Lean protein
- Low-fat dairy products

Use this sample menu to help you eat healthier

Menu courtesy of *Kaiser Permanente*

BREAKFAST

Oatmeal with walnuts
 Fat-free milk or unsweetened milk alternatives
 Fresh blueberries
 Hot tea or coffee, unsweetened

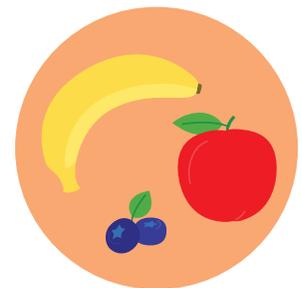
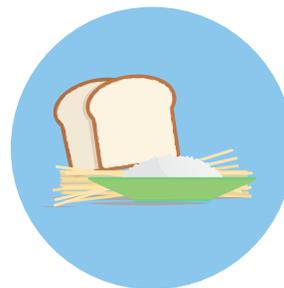
LUNCH

Lentil soup
 Whole-grain bread
 Salad with fresh carrots, tomatoes, walnuts, extra virgin olive oil, and vinegar
 Slice of watermelon
 Mineral water with lemon

DINNER

Grilled salmon
 Carrots and broccoli
 Brown rice
 Spinach salad with fresh vegetables, extra virgin olive oil, and vinegar
 Hot tea or coffee, unsweetened

Check out Kaiser Permanente's [Eat Well, Live Well Guide](#) for more tips, tricks and how to stay on track with a healthy diet.



Tools & Resources to Live a Healthy Lifestyle

Moda Health

Diet & Exercise

[WW \(Weight Watchers Reimagined\)](#)

[Healthy Team Healthy U](#)

[Lifestyle Coaching](#)

[Active & Fit Direct](#) - gym membership discount (in myModa under myHealth tab)

[Fit it In!](#) - online educational information

[Health Shelf](#) - online articles and resources (in myModa under Momentum tab)

[Online Quizzes & Assessments](#)

[Moda's Health Assessment](#) (in myModa under Momentum tab)

Tobacco Cessation

[Quit For Life Program](#) - coaching, NRT, medications and workbook

[Tobacco Cessation Lifestyle Coaching & Support](#)

[Online Articles & Resources](#)

[Online Quizzes & Assessments](#)

[Videos](#)

[Health Coaching](#)

Kaiser Permanente

Diet & Exercise

[Healthy Team Healthy U](#)

[WW \(Weight Watchers Reimagined\)](#)

[Total Brain](#) - mental health and fitness mobile app

[Active & Fit Direct](#) - gym membership discount (at kp.org/choosehealthy)

[Healthy Eating Webinars & Seminars](#)

[Health Coaching](#)

[Exercise Webinars & Seminars](#)

[Kaiser Permanente Total Health Assessment](#)

[Weight Management Class & Seminars](#)

[Books, Podcasts & Videos](#)

Tobacco Cessation

[Quit For Life Program](#) - coaching, NRT, medications and workbook

[Tobacco Cessation Classes](#) (in-person and webinar-based)

[Tobacco Cessation Coaching](#)

