

Winter 2021 Wellness Newsletter



What's Inside?

- Learn your "health age" with the online health assessment.....**2**
- See a provider from your couch**3**
- Tap into the EAP's online support.....**4**
- Reach your goals with myWW.....**6**

Wellness At Your Fingertips

Technology can help you achieve your best health while on the go.

Take charge of your health – and track your progress. It's easy with mobile apps and online interactive tools provided through **OEBB Wellness**. Connect to care, get helpful resources, and more!

We're all guilty of having our mobile phones nearby 24/7, so why not use it to improve your life instead of distracting from it?

Keep reading to learn how!

To learn more about all the wellness options available, visit [OEBBwellness.com](https://www.oebbwellness.com).





Ready to Start? Knowledge Is Power

Start with a Health Assessment, your access point to interactive online wellness tools and support!

Article provided by Moda Health and Kaiser Permanente

You're 50, but how old is your body? Find out by taking a health assessment online. You'll learn how your "health age" differs from your actual age and see which tests, screenings and lifestyle changes make sense for you. Share the results with your doctor to build a personalized wellness plan.

The online Health Assessment is an easy-to-use, completely confidential survey that will give you a big-picture view of your health and provide personalized recommendations to help you reach your goals. It only takes about 10 minutes to complete – and is available online 24/7, either from a computer or mobile phone.



Get started:

- **If you are enrolled in a Moda Health medical plan:**

Visit modahealth.com to log in to your myModa account. If you don't have an account, creating one is easy. With your member ID card handy, follow the prompts to enter your information. Then, look for the Momentum link to launch your personal health assessment. [Learn more.](#)

- **If you are enrolled in a Kaiser Permanente medical plan:**

Visit kp.org/tha. If you haven't already, you'll need to create an account to participate. To do so, just go to kp.org/registernow.



Telehealth

Connect to your provider quickly, easily and from your couch

Article provided by Moda Health and Kaiser Permanente

A virtual visit is a convenient way to see your doctor from anywhere. You can use virtual visits instead of traveling to an urgent care facility for many medical conditions that are not emergencies, even for issues that may require a prescription. It's a great fit for headache, nausea, sore throat, strain or sprain, or urinary tract infection.

To get started, you will need a computer, tablet or smartphone with a webcam, microphone and speakers. If you're using a computer, you will need internet access and one of the following web browsers: Chrome, Firefox, Microsoft Internet Explorer or Safari.



Get started:

If you are enrolled in a Moda Health medical plan:

Visit CirrusMD, at <https://patients.cirrusmd.com/modahealth> or use the CirrusMD mobile app.

If you are enrolled in a Kaiser Permanente medical plan: Visit kp.org/getcare or use the Kaiser Permanente mobile app. You can also call 24/7 at: 1-800-813-2000 or if you're in Portland call: 503-813-2000.



Achieve life balance from your mobile phone

Article provided by Reliant Behavioral Health

Members who receive EAP services as part of their employer's benefit plan have access to these online wellness tools and resources. The services below are available to help keep you emotionally and physically balanced during this challenging time. Privately access resources from your computer or mobile phone.



Counseling sessions can now be provided via video and telephone. When you call, simply let Reliant Behavioral Health know of your preference for counseling services.

Get Support

Do you want to chat about a challenging situation? Give our new chat feature, Tess the chat bot, a try. Tess is available 24/7.

Text "Hi" to +1-650-825-9634, when prompted enter your Access Code: **OEBB**

Talk With Others

Share challenges with others struggling with the same issues through an online support group.

Attend up to 10 free, confidential online sessions in a group that suits your needs including: anxiety, addiction, parenting, LGBTQ+, depression and bipolar disorder.

Simply call the EAP to get started: 866-750-1327

Access Online Resources

Access to online wellbeing tools and resources, webinars, articles, yoga classes, mindfulness meditations, self-directed courses and more.

Go to ibhsolutions.com/members and enter your Access Code: **OEBB**

Learn From an Expert

Industry experts present live monthly wellness and life balance webinars on a variety of topics, such as Stress and Diet, Being a Parent and a Professional, Preventing and Managing Burnout, and Building a Healthy Mindset. You can also access over 100 archived webinars on the EAP's YouTube channel.

Go to ibhsolutions.com/resources to check it out!



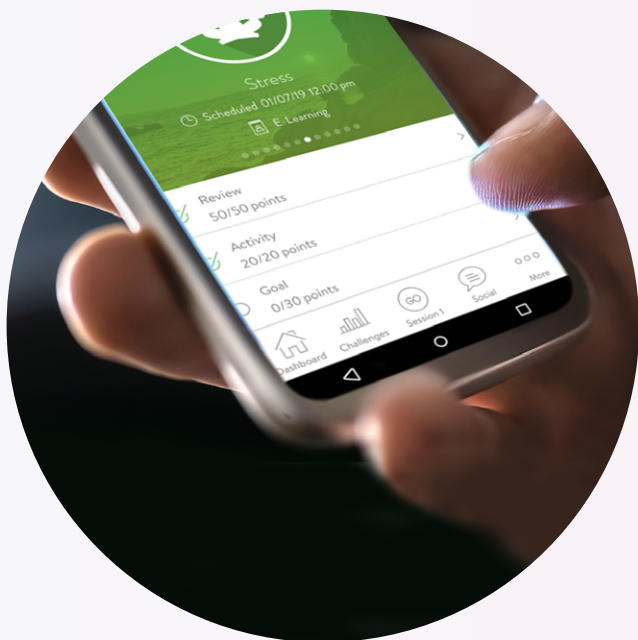
Looking for a podcast?

Article provided by Staywell

Participants in Healthy Team Healthy U (HTHU) have access to the **Beyond Well Mental Health Podcast Series**. This podcast is for people who just want to feel better. To start listening, simply log in to the [My StayWell Portal](#) and click the link on the Dashboard.

While on the dashboard, hold yourself accountable with healthy activity tracking and download the My StayWell mobile app. Track your steps, fruits and veggies, hours of sleep, minutes of meditation, and more!

If you're not yet participating in HTHU, you can sign up at oebb.hthu.com/public. There's no cost to anyone age 18 or older enrolled in an OEBB medical plan!





Reach your wellness goals with the WW mobile app

Article provided by WW

The WW mobile app includes a ton of great tools to help you reach your weight-loss and wellness goals. Make sure you're taking advantage of all of them, including a new personalized assessment. By answering in-depth questions about your habits, lifestyle and goals, WW will give you a view of your overall wellness and a personalized starting point for your wellness journey.

Sign up today! Visit OEBB.WW.com to get started and **download the latest version of the WW mobile app.**

WW is free to anyone age 18 or over enrolled in an OEBB medical plan. (For members ages 10 – 17, check out [Kurbo by WW](#), designed just for kids and teens!)



- **Food:** Personalized recipes, water-tracking and meal-planning tools help members stay on track from breakfast until dinner.
- **Activity:** Get moving at home, outside, or at the gym with the 250-plus video and audio workouts in the WW app.
- **Mindset:** New 5-Minute Coaching audio lessons help put you in the frame of mind to make healthier choices.
- **Sleep:** Set yourself up for a good night's sleep with the new sleep tracker in the WW app.
- **Weekly progress reports:** Get a complete look at your wellness—because the scale doesn't tell the whole story.

Join OEBB's Virtual WW Workshops

These WW Virtual Workshops are held weekly and available only to OEBB members.

Day	Time	Coach
Wednesday	6:00 PM PST	Babs Osterud
Thursday	8:00 AM PST	Kathy Cunningham
Thursday	4:45 PM PST	Kathy Cunningham

Note: The Virtual Workshops can only be accessed through OEBB.WW.com from your mobile device.

Trouble accessing the OEBB-only Connect Group? Email Paul.Kalis@ww.com

Not a member and want to sign up? Visit OEBB.WW.com



Apps from your OEBB medical carriers

OEBB medical carriers offer mobile apps to help with a number of health concerns. If you don't see what you need here, call your carrier and let them know what you'd like help with. They have a wide variety of tools and resources and will be happy to help you find the right one for you!



Available to Moda members age 18 and over:*

Meru Health A proven, holistic mental healthcare solution for stress, depression, and everything in between—in your pocket!

**Must meet additional criteria to qualify – more details at Modahealth.com/oebb/*



Mental Health



KAISER PERMANENTE®

Available to Kaiser members age 18 and over:*

Calm and **myStrength** wellness apps can help you navigate life's challenges, and make small changes to improve your sleep, mood, relationships and more.



Physical Health

ClassPass Online video workouts at no cost for Kaiser Permanente members. The mobile app includes 4,000+ on-demand fitness classes, including cardio, dance, yoga, meditation and more.



Mental Health



Available to OEBB members, regardless of medical plan:

TotalBrain A mental health and fitness platform (with positivity and mindfulness components), is based on neuroscience of 12 brain capacities. Through individual assessments it helps OEBB members become more self-aware with tailored

recommendations to help balance and strengthen responses—especially during challenging times.

OEBB members must visit TotalBrain.com/OEBB and register prior to downloading the app.

Keep visiting [OEBBwellness.com](https://oebbwellness.com) for regular updates

There you'll find:

- Wellness articles and tips, updated each month
- Registration links for upcoming webinars
- Recordings of recent webinars to watch "on demand" (as available) and
- All of OEBB's wellness resources organized by health area, so you can find the right one for you!

Questions? Contact OEBB Member Services or your insurance carrier:



Email: OEBB.benefits@state.or.us
Phone: **888-469-6322**



Website: www.ModaHealth.com/oebb
Phone: **866-923-0409**



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Website: my.kp.org/oebb
Phone: **866-223-2375**