



Moda Health Wellness Programs

Available to OEBB Members enrolled in a Moda Medical Plan.

OEBBwellness.com

Chronic Disease Management



Better Choices Better Health Online chronic condition management program
Moda Health Coaching Programs Diabetes care, cardiac care, depression care, respiratory care, spine and joint care, maternity care
Health Shelf Online articles and resources on certain types of chronic conditions and diseases (in myModa under **Momentum** tab)

Depression & Stress Management



Healthy Team Healthy U
Health Coaching • Depression Care
Lifestyle Coaching • Stress
Health Shelf "Cope Well" Online articles and resources (in myModa under **Momentum** tab)
Online Quizzes & Assessments

Diabetes Prevention & Management



Virtual Lifestyle Management (VLM)
Disease Management Program Diabetes care
Health Coaching Diabetes care
Health Shelf "Control Your Blood Sugar" Online articles and resources (in myModa under **Momentum** tab)
Online Quizzes & Assessments

Diet & Exercise



Weight Watchers
Healthy Team Healthy U
Lifestyle Coaching
Active & Fit Direct Gym membership discount (in myModa under **Momentum** tab)
Fit It In! Online educational information
Health Shelf "Eat Well" Online articles and resources (in myModa under **Momentum** tab)
Health Shelf "What's Cooking" Healthy recipes (in myModa under **Momentum** tab)
Online Quizzes & Assessments

Health Assessment



Moda's Health Assessment (in myModa under **Momentum** tab)

Sleep Management



Healthy Team Healthy U
Lifestyle Coaching Sleep management
Health Shelf "Sleep Well" Online articles and resources
Online Quizzes & Assessments

Tobacco Cessation



Quit For Life Program Coaching, NRT, medications & workbook
Tobacco Cessation Lifestyle Coaching & Support
Online Articles & Resources
Online Quizzes & Assessments
Videos

Weight Management



Weight Watchers
Healthy Team Healthy U
Health Coaching Weight care
Health Shelf "Healthy Weight" Online articles and resources (in myModa under **Momentum** tab)
Online Quizzes & Assessments