



OEBB

Getting started with our weight management programs

Weight Watchers® — No charge

Weight Watchers is available to OEBB subscribers and their dependents enrolled under a KFHPNW medical plan.* Members can choose to participate in the Weight Watchers program online, at area meetings, or at work. OEBB subscribers and their dependents are eligible for four programs per plan year. Participation in the first program is 100 percent subsidized, but program participants will need to provide proof of participation in 10 of 13 sessions to participate in a subsequent series. Participants who don't provide proof of participation will have to pay for their next series and must provide proof of participation to qualify for future subsidized fees. For more information call the OEBB Weight Watchers service line at 1-866-531-8170.

Wellness coaching — no charge for telephone sessions

If you're thinking about a healthier lifestyle, a wellness coach can help. All OEBB members enrolled under a Kaiser Foundation Health Plan of the Northwest (KFHPNW) medical plan* are eligible to access a wellness coach through our Health Engagement and Wellness Services.

Wellness coaches can assist members with health goals, behavior change strategies, and goal setting. They can also provide information on programs and products that are available in the community and at Kaiser Permanente, such as one-to-one multi-session wellness coaching by phone where members work with the same coach over time for guidance and support.

Wellness coaches are available Monday through Friday, 8 a.m. to 5 p.m. Please call **503-286-6816** or **1-866-301-3866** (toll free) and select **option 2**.

Assessment and screening — Normal office visit copayment applies

At Kaiser Permanente, we want to help you stay healthy and take charge of your health. If you haven't been to the doctor for a checkup in the past two years, we encourage you to talk to your health care provider about maintaining a healthy lifestyle and keeping up with preventive screenings.

Did you know your OEBB coverage now includes an annual no-charge wellness visit with your primary care provider? To learn more, go to my.kp.org/oebb/healthworks and click the "Your annual wellness visit" button.

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kp.org/healthylifestyles

KAISER PERMANENTE®  thrive

*Age restrictions may apply.

All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.
500 NE Multnomah St., Suite 100, Portland, OR 97232.

Free online health programs

All OEBC members enrolled under a KFHPNW medical plan* who are registered on kp.org are also eligible to participate in HealthMedia® healthy lifestyle programs.

Receive support to help you reach your health goals with our personalized online programs available at kp.org/healthylifestyles. Whether it's sleeping better or just losing a couple of pounds, these programs can help:

- **The Total Health Assessment** (also available in Spanish) is a confidential questionnaire that helps you look at your overall health and lifestyle. Once you finish, you'll get a customized plan for a healthier, happier you.
- **HealthMedia® Balance®** provides personalized strategies for reaching and maintaining ideal weight.
- **HealthMedia® Nourish®** offers smart and healthful food choices tailored to personality and lifestyle.
- **HealthMedia® Relax®** concentrates on customized strategies for relieving and preventing stress.
- **HealthMedia® Breathe®** provides step-by-step personalized guidance on quitting smoking.
- **HealthMedia® Care® for Your Back** assesses and addresses risk factors associated with back pain to provide an individually tailored prevention and management plan.
- **HealthMedia® Care® for Diabetes** is designed around your personal needs so you can lead a healthier, more satisfying life.
- **HealthMedia® Care® for Pain** can help you enjoy life to the fullest while dealing effectively with chronic pain.
- **HealthMedia® Care® for Depression** emulates a behavioral health coaching session to deliver an individually tailored depression plan that can help those with even the mildest forms of depression.
- **HealthMedia® Care® for Sleep** teaches how to change negative thinking that interferes with sleep and how to develop new habits that promote healthy and restful sleep.

These programs include tools to track and monitor your progress, health news, and email updates and reminders. Visit kp.org/healthylifestyles to start your program today.

Additional resources for weight management are available at kp.org/weight. For information on resources available for purchase, including classes and self-help kits, check out the *Healthy Living* catalog at kp.org/healthylivingcatalog/nw.

kp.org/healthylifestyles

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