



The weight management benefits listed below are available through OEBB medical plans.

To learn more about **Weight Watchers** or to sign up and start participating, call the OEBB-dedicated number: **1-866-531-8170**.

Health Coaching

All OEBB medical plans provide access to free, confidential health coaching – one-on-one assistance to help guide you to success in a variety of areas including:

- Tobacco cessation
- Weight Management
- Stress Reduction
- Healthy Living

Your personal coach will help you set goals and make a solid plan to achieve them. They can also help you track your progress, keep you motivated and problem-solve any challenges.

Call your medical carrier to get started with a health coach, or to learn more:

Kaiser Permanente 866-301-3866, option 2

ODS 800-913-4957

Providence 800-878-4445

Online Resources

Each of the OEBB medical plan carriers provides a variety of additional services you may find helpful. Explore the links below to learn what your carrier offers:

Kaiser Permanente

<http://kp.org/weight> - Weight management tools

<http://kp.org/fitness> - Fitness tools

<http://kp.org/healthylifestyle> - Personalized online weight management programs and more

<http://chpactiveandhealthy.com> - Save money on hundreds of fitness, wellness, and entertainment activities. Get discounts on ski lift tickets, sporting events, gym memberships, and movies.

ODS

WorldDoc - Access educational resources through myODS. Go to the ODS OEBB page (odscompanies.com/oebb). Once signed in, click on "WorldDoc", "Health Helpers" and "Healthy Living" to sign up!

Health Tools & Coaching (odscompanies.com/oebb/members/health_tools_coaching.shtml)

A wide range of health information and motivation to start you on the path to better health.

Providence

HealthBalance (providence.org/healthplans/members/healthbalance)

One convenient place to find a variety of resources including online assessment tools, classes, programs and discount networks, informational articles and educational resources.

Further Questions? Call your medical carrier:

Kaiser Permanente 1-866-223-2375	ODS 1-866-923-0409	Providence 1-800-633-1878
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