

Learning & Events

May 2024

All times shown are Pacific Time.

Interested but can't make the date or time? Register anyway to get the recording.









OEBB Wants to Hear From You!



Wellbeing Survey

Participate by Wednesday, May 15 Have you taken the OEBB Wellbeing Survey? If not, you have until May 15 to share your feedback and help us understand your total wellbeing. Click the link below and enter your E number to get started.

Take the survey

Note: The survey is 100% confidential. It will be managed by our survey partner, Mercer. Only Mercer will have access to individual results. No one at OEBB will have access to individual responses.

Create Positive Change



Stress Check: Managing

Stress in Daily Life



Your wellness goals are important. Practice strategies and processes to improve your wellbeing.

Wednesday, May 1, 3:30-4:10 p.m.

Provided by Kaiser Permanente

Register

Enter "OEBB" into the "Organization" box when you register.

Understand the impact of caring for children

and elderly parents at the same time. Review

tools and resources to support your family.

Tuesday, May 7, noon-1 p.m.



Stress comes and goes. Find ways to deal with stressful situations.

Provided by Spring Health through

Register

Enter "Moda Health" in the "Name of company or health plan providing Spring Health benefit" box when registering.

Caregiving in the Middle

Thursday, May 9, 1-2 p.m.



Supporting Each Other's Mental Wellbeing Tuesday, May 14, 1-2 p.m.

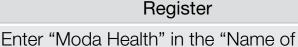
Compassion in Action:



Thursday, May 16, 9-10 a.m. Tuesday, May 21, 10-11 a.m. Wednesday, May 29, 10-11 a.m.

Discuss experiences with mental wellbeing. Learn strategies to support those who may be struggling.

Provided by Spring Health through Moda Health



company or health plan providing Spring Health benefit" box when registering.

Register

Provided by Kaiser Permanente

You're Not Alone: Processing **Grief and Loss**



Thursday, May 16, 10-11 a.m. Thursday, May 16, 3:30-4 p.m. There's no right way to grieve or cope with

tragedy. Connect with others and share ways to navigate and process it. **Provided by Spring Health through**

Moda Health

Register Enter "Moda Health" in the "Name of

company or health plan providing Spring Health benefit" box when registering.

Tools for Managing Stress and Creating a Healthier Mindset



Learn about simple tools for improving

your health. These tools focus on stress management, resiliency, and mindfulness.

Provided by Moda Health Register

Summer Solutions: Maximizing Wellness During Summer Months



Discover practical strategies to keep you grounded and stay on track to meet your health goals.

Thursday, May 16, 10-11 a.m.

Provided by WeightWatchers

Enter "OEBB" into the "Organization" box when registering.

Register

My Mom's Sight On Demand

A Routine Eye Exam Saved

Hear how a routine optometrist visit saved a

On Demand

Road to Resiliency



woman's sight! Learn how to stay positive during change, **Provided by VSP**

trials, and challenges. **Provided by Moda Health**

Develop a deeper understanding of resiliency.

View On Demand

View On Demand

On Demand

On Demand

Burnout: How to Unlock the Stress Cycle



Find ways to break the cycle of chronic stress through social connection, movement, and learning.

Provided by Moda Health

View On Demand

You can join any of the webinars, even if you aren't enrolled in the plans.

Benefits questions? Email: oebb.benefits@odhsoha.oregon.gov

Phone: 888-4My-OEBB (888-469-6322)

