



May 2024

All times shown are Pacific Time.

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



Emotional Wellbeing



Financial Wellbeing



Physical Wellbeing



Total Wellbeing

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.

Live Events

Create Positive Change

Wednesday, May 1, 3:30–4:10 p.m.

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

Provided by Kaiser Permanente

[Register](#)

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

Stress Check: Managing Stress in Daily Life

Tuesday, May 7, noon–1 p.m.

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

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.

Caregiving in the Middle

Thursday, May 9, 1–2 p.m.

Understand the impact of caring for children and elderly parents at the same time. Review tools and resources to support your family.

Provided by Kaiser Permanente

[Register](#)

Compassion in Action: Supporting Each Other's Mental Wellbeing

Tuesday, May 14, 1–2 p.m.

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

[Register](#)

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

You're Not Alone: Processing Grief and Loss

Thursday, May 16, 10–11 a.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

Thursday, May 16, 3:30–4 p.m.

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

Thursday, May 16, 10–11 a.m.

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

Provided by WeightWatchers

[Register](#)

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

On Demand

A Routine Eye Exam Saved My Mom's Sight

On Demand

Hear how a routine optometrist visit saved a woman's sight!

Provided by VSP

[View On Demand](#)

Road to Resiliency

On Demand

Develop a deeper understanding of resiliency. Learn how to stay positive during change, trials, and challenges.

Provided by Moda Health

[View On Demand](#)

Burnout: How to Unlock the Stress Cycle

On Demand

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)