



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

PEBB Wants to Hear From You!

Wellbeing Survey

Participate by Wednesday, May 15

Have you taken the PEBB 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 P 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 PEBB will have access to individual responses.

Paving the Path to Wellness

ODOT Wellness and Benefits Fair

Wednesday, May 22, 10 a.m.–2 p.m.

The Oregon Department of Transportation (ODOT) is hosting an in-person benefits fair!

At the fair, ODOT employees can:

- Visit with benefit vendors
- Learn about wellness clubs and organizations
- Join a free yoga class from 12:30–1 p.m.

Capitol Mall State Park
155 Waverly St NE
Salem, OR 97310

Provided by the Oregon Department of Transportation

Questions? Contact:
Joanna.M.Wade@odot.oregon.gov

Live Events

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 and strategies so you can 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.

Mental Health Awareness

Wednesday, May 15, 10–11 a.m.

Learn about common mental health issues and their symptoms. Familiarize yourself with resources to support your mental health.

Provided by Canopy

[Register](#)

Enter "PEBB" in the "Organization" box when you register. Canopy EAP webinars are open to PEBB members (except OSU).

From Plate to Pillow: Nutrition for Improved Sleep

Wednesday, May 15, 12:05–12:45 p.m.

Improved sleep is a product of a healthy diet. Wake up feeling refreshed and ready to tackle the day.

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 "PEBB" into the "Organization" 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.

Unplug, Unwind, and Be Mindful

Thursday, May 16, 12:30–1 p.m.

Our bodies and minds need rest. Learn methods and techniques to unplug, unwind, and take care of your whole self.

Provided by HealthyYou/WebMD

[Register](#)

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](#)

Beyond Blue: Understanding Mental Illness

On Demand

One in four Americans experiences mental illness. Recognize signs, understand coping strategies, and access support pathways.

Provided by Canopy

[View On Demand](#)

Log in to the Member Site. Enter your chosen username and password to access the webinar. Canopy EAP webinars are open to PEBB members (except OSU).

Putting Out the Fire: Preventing and Managing Burnout

On Demand

Job demands can be tough on your physical health. Learn about the effects of burnout and how to avoid it.

Provided by Canopy

[View On Demand](#)

Log in to the Member Site. Enter your chosen username and password to access the webinar. Canopy EAP webinars are open to PEBB members (except OSU).

Recognizing and Managing Anger

On Demand

Anger is a natural emotion, although it's often demonstrated inappropriately. Understand anger's healthy aspects and manage conflict with less reaction.

Provided by Canopy

[View On Demand](#)

Log in to the Member Site. Enter your chosen username and password to access the webinar. Canopy EAP webinars are open to PEBB members (except OSU).

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](#)

Note: Canopy EAP webinars are open to PEBB members (except OSU employees). Lyra Health EAP webinars are open to OSU employees only. You can join any of the other webinars, even if you aren't enrolled in the plans.

If there's a resource that you'd like access to but isn't covered by your Employee Assistance Program (EAP), check if yours offers something similar.

Benefits questions?

Email: pebb.benefits@odhsoha.oregon.gov

Phone: 503-373-1102