

January 2025

Benefits News



Family building and emotional health

This document is part of the OEBB January Newsletter, Supporting Your Family-Building Journey. To access other resources, visit the [News and Events](#) page.

Family building can put your emotional wellbeing to the test. The process affects your physical, financial, and emotional wellbeing. No matter where you are in your family-building journey, OEBB has everything you need to thrive.

Here are four quick tips to support your mental health throughout the journey.

Use your medical plan's resources

Tip #1



OEBB's medical plans cover emotional wellbeing services. When you feel you need more support, talk to your primary care doctor. They will help connect with you licensed therapists and counselors. Review your plan's [mental health](#) coverage options.

Your plan may also include mental health support programs, like [Spring Health](#) (Moda Health).

Take advantage of the Employee Assistance Program (EAP).

Tip #2



[Canopy](#) offers fertility health and family-building support. This includes counseling support and 24/7 self-help resources. You can connect with a counselor and receive a personalized treatment plan. You can also join a [peer support](#) chat to connect with others going through the family-building journey. Clinicians moderate these chat sessions.

Get on-the-go support.

Tip #3



OEBB's medical plans offer a variety of emotional wellness resources. Depending on your plan election, these include self-help apps, like Calm and Headspace Care (Kaiser Permanente). Use these apps to discover exercises to practice mindfulness, get better sleep, improve your mood and relationships, and more.

Self-care is important throughout your family-building journey. Explore your Moda Health and Kaiser Permanente resources to learn more.

Check in with yourself on the basics.

Tip #4



Are you eating the right foods? Do you get enough sleep? Do you get some form of exercise each day? Do you go outside and breathe in fresh air? These all have positive impacts on your emotional wellbeing. Build a strong foundation for yourself by incorporating some of these into your daily life.

Health Coaching

OEBB medical plans offer health coaching that can help you address positive changes. Getting started is easy:

Moda Health

- Call 855-466-7155
- Email healthcoachteam@modahealth.com

Kaiser Permanente

- Call 866-301-3866 and select option 2
- Log in to your account, click **Schedule appointment**, and select **Health and Wellness Education > Health Coach**