



February 2025
**Benefits
News**



Your OEBB Cancer Care Resources

This document is part of the OEBB February Newsletter, Navigating Cancer Screening and Care. To access other resources, visit the [News and Events page](#).



Moda Health

- **Gabbi (ages 18+):** Personalized help with navigating healthcare
- **Quit for Life:** Nicotine cessation program offering research-based solutions, coaching, and more



Kaiser Permanente

- **Freedom from Tobacco:** Tobacco cessation program offering virtual/phone coaching, e-visits, webinars, and more
- **Chronic condition support:** Resources and programs for ongoing health conditions
- **Healthy lifestyle programs:** Personalized online programs that help you create actions plans to reach your health goals



Canopy

- **Counseling:** 8 free sessions per incident
- **Peer support:** Anonymous chat community moderated by licensed clinicians
- **Canopy app:** EAP mobile app