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# Benefits News



## Family building and emotional health

This document is part of the PEBB 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, PEBB 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



PEBB'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) and [Learn to Live](#) (Providence 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.

For OSU employees, [Lyra Health](#) provides 24/7 self-help resources and emergency support. You receive up to eight covered counseling sessions, plus a 24/7 Care Navigator. You can also use the [Lyra Essentials](#) app to access digital tools.

### Get on-the-go support.

#### Tip #3



PEBB'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 [Providence Health](#), [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

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

### Providence Health

- Complete the [health coaching interest form](#)

### Moda Health

- Call 855-466-7155
- Email [healthcoachteam@modahealth.com](mailto: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**