Baker SD Wellness Scavenger Hunt
Created by Moda Wellness Advisors

1. Visit Moda’s Well@Work activity calendar. What is the challenge for the month of November?

2. Moda offers health coaching for OEBB-insured members at no-cost. How many sessions do you receive in a year?

3. WW, also known as ______________________, offers both onsite meetings and online support to help achieve your wellness goals.

4. WW for OEBB offers digital coaching, a database of over ________ recipes, and real-time support from a coach, as well as the opportunity for weekly in-person workshops.

5. Totalbrain is an app designed to help you manage your mental health. What 5 training “journey” categories do they offer: (hint: you must register to find the answer)

6. Baker School District now has a Wellness Program page. It is located on the District Office page under “for staff”. How many links are listed for free resources?

7. The OEBB Wellness Champions program delivers webinars and newsletters on a _____ basis. When is the next one scheduled? ____________________.

8. Healthy Team, Healthy You features ________ tracking, real-time ________, and ___________ online activities.

9. According to IBH, EAP stands for ______________________ and offers confidential services, such as work-life stressors, family issues, financial concerns, relationship problems, and drug or legal concerns.

10. IBH has a series of webinars on various mental health topics. List one you would be most likely to watch:

11. Quit for Life has helped over _____ million members quit smoking or use tobacco through coaching, Text2Quit messages, and medication support.

12. Virtual Lifestyle Management is a year-long program designed to manage which health condition?
13. List three conditions you can receive help on from Better Choices, Better Health’s six-week internet-based workshops.