

Service/Benefit	What is it?	Where to find it/How to access it	
<b>LifeBalance, Choose Healthy, and Stress Management Health Coaching</b>	<ul style="list-style-type: none"> <li>• Savings on massage therapy, yoga, meditation, and more</li> <li>• One-on-one health coaching sessions</li> <li>• Personalized goal setting with manageable steps</li> <li>• A program designed to empower you to achieve your health goals</li> </ul>	<b>myProvidence.org</b> <ul style="list-style-type: none"> <li>• Login to your member portal</li> <li>• Go to the “My Health” drop down</li> <li>• Choose “Member Perks”</li> <li>• Follow directions/links from there</li> </ul>	<b>Bend Chamber Microsite</b> <ul style="list-style-type: none"> <li>• Scroll down on home page for links to all member perks</li> </ul>
<b>Learn to Live</b>	<ul style="list-style-type: none"> <li>• Self-directed virtual therapy to manage mental well-being</li> <li>• One-on-one coaching, mindfulness exercises, and live and on-demand webinars</li> <li>• Available at any time</li> <li>• Free to use and 100% virtual within the app</li> </ul>	<b>Learn to Live Landing Page</b> <ul style="list-style-type: none"> <li>• Enter code: PHPComm</li> <li>• Answer some questions and get suggestions for a program that best fits your needs</li> </ul>	<b>Bend Chamber Microsite</b> <ul style="list-style-type: none"> <li>• Scroll down to the Behavioral Health section and click “Learn More”</li> <li>• Scroll down to Learn to Live and learn how to access</li> </ul>
<b>Behavioral Health (BH) Concierge</b>	<ul style="list-style-type: none"> <li>• Quick virtual access to direct care with Providence providers</li> <li>• Extended hours 7 a.m. – 8 p.m., seven days week</li> <li>• Help with life stressors, mental health and addiction issues</li> </ul>	<b>BH Concierge Homepage</b> <ul style="list-style-type: none"> <li>• Request an appointment, or</li> <li>• Call 877-744-9355</li> </ul>	<b>Bend Chamber Microsite</b> <ul style="list-style-type: none"> <li>• Scroll down to the Behavioral Health section and click “Learn More”</li> <li>• Scroll down to Behavioral Health Concierge and learn how to access</li> </ul>
<b>Talkspace</b>	<ul style="list-style-type: none"> <li>• Be matched to a provider within 48 hours</li> <li>• Connect through text, call, or live video</li> <li>• Access to therapy, psychiatry, or both</li> <li>• Nationally available</li> </ul>	<b>Talkspace Landing Page</b> <ul style="list-style-type: none"> <li>• Click “Get Started”</li> <li>• Walk through the steps to register, answer some questions, and then Talkspace will work to match you with a provider</li> </ul>	<b>Bend Chamber Microsite</b> <ul style="list-style-type: none"> <li>• Scroll down to the Behavioral Health section and click “Learn More”</li> <li>• Scroll down to Talkspace and learn how to access</li> </ul>
<b>Behavioral Health Network</b>	<ul style="list-style-type: none"> <li>• Local and nationwide access</li> <li>• In-person and virtual services</li> <li>• Age specific care (kids, teens, adults)</li> <li>• Access to specialty behavioral health network</li> </ul>	<b>Provider Directory</b> <ul style="list-style-type: none"> <li>• Go to the Provider Directory and search using your Member ID</li> <li>• Select “Find a care provider”</li> <li>• Select “Mental Health/Substance Use Disorder”</li> </ul>	

To explore all available options and see how to best access support, visit [ProvidenceHealthPlan.com/BehavioralHealth](https://ProvidenceHealthPlan.com/BehavioralHealth)