True Health Starts Here

Groups sized 51+

ProvidenceHealthPlan.com

2023
For more than 160 years, our not-for-profit healthcare collective has set the health and well-being standard for the community. We continue to raise this standard every day by helping anyone in need, members and beyond.

Health insurance is much more than a perk or a benefit. That’s why Providence Health Plan goes beyond just numbers. Think of our plans as an extension of the care you already give your employees—a true sense of security, allowing your people to focus on their craft. We call this commitment to care True Health.

This commitment isn’t solely about treating sickness, it’s about investing in health. Providence leverages our own network of doctors, hospitals, clinics, and trusted partners, to deliver on the whole care picture—True Population Health. This means we intervene earlier, improve outcomes, and better the health of the entire community. Because healthcare isn’t a commodity service, it’s a community pursuit.

We all deserve True Health
Quality care builds stronger communities

We approach insurance differently than most; we look at your organization as its own community with its own unique needs. We’re transparent in our costs, proactive in our approach, and committed to providing high-quality service and support, always.

Erasing the stigma of mental health

It’s important that healthcare is accessible to everyone who needs it, which is why Providence values whole-self care for all members. To help members access care when and how they want it, we’ve developed multiple options to meet a growing need for behavioral health services.

+ We’ve created a direct line (800-878-4445) for quicker access to behavioral health support
+ NEW! Behavioral Health Concierge is a unique solution-focused service where members can access virtual and confidential same-day or next-day appointments
+ NEW! Learn to Live is a self-directed program, available via web browser or mobile app, that offers 5 highly effective and confidential self-help programs

Technology for ease and convenience

We know that personalized, face-to-face care is what matters, which is why we invest so heavily in virtual health platforms and retail express care. Telehealth, Providence ExpressCare, and Providence facilities are not only convenient, but safe and effective.

+ Schedule a virtual visit using a teleconferencing application such as Zoom
+ Schedule an ExpressCare Virtual appointment to have a secure online office visit in minutes*
+ Use ProvRN to have 24/7 access to speak with a registered nurse

*ExpressCare Virtual visits are available at no cost to anyone in California, Alaska, Montana, Oregon and Washington. HSA plan members must first meet their plan deductible.

Our health equity vision

Health for a better world is driven by a belief that health is a human right. Every person deserves the chance to live their healthiest life.

At Providence, we recognize that long-standing inequities and systemic injustices exist in the world. This has led to health disparities among communities that have been marginalized.

Each year, we serve more than 6 million people of every walk of life. We value each member of our diverse communities for their identities, journeys and experiences.

What health equity means for those we serve

Our work is aligned under five key ‘pillars.’ Together, these pillars represent a comprehensive, ground-up approach to advancing health equity across our organization and the community.

+ Knowing who we care for: Integration of health equity data into our core operations and development of the key infrastructure needed to utilize this data in informed and effective decision-making
+ Outreach and Education: Identification and reduction of health disparities amongst Providence members through thoughtful caregiver education, provider communications and direct member outreach
+ Meeting members where they are: Development of diverse and culturally competent communications regarding product offerings that address health inequities within Providence member populations
+ Network and Community Engagement: Collaboration with our regional network and community partners to help educate and foster efforts to improve health equity
+ Access for diverse needs: Identification of opportunities to expand our resources, diversify our network portfolio and better meet the needs of Providence members
Choose what network fits best for you

Explore a wide range of options

You can choose from a variety of provider networks, each designed to pair well with different health plan options. With a variety of networks offered — from patient-centered Medical Homes to expansive and comprehensive national coverage — we have the solution for you.
These high-value networks put patients first

Providence Connect network

The integrated Connect network provides the best value offered in Oregon. It features more than 100 patient-centered primary care clinics in the Portland metro area and surrounding counties. Connect also supports members with a tailored Medical Home provider network supported by the Providence delivery system that includes specialty and hospital care. Family members can also be covered as dependents on plans using the Connect network. That means coverage for students attending college in another state, or significant others who live in another city.

Choice is sold to groups domiciled in these counties

- Clackamas
- Hood River
- Multnomah
- Washington
- Newberg (zip code 97132 only) in Yamhill County

Providence Choice network

With Choice plans, members get a network of more than 400 primary care clinics covering a wide reach of Oregon and Washington counties. An integrated network using the Medical Home model of primary and specialty care also includes access to the nationwide Cigna PPO network, and both our Providence delivery system providers as well as other local providers and hospitals.

Choice members have nationwide access to the Cigna PPO Network.

Choice is sold to groups domiciled in these counties

- Baker
- Benton
- Crook
- Jefferson
- Linn
- Malheur
- Umatilla
- Union
- Wallowa
- Washington
- Multnomah
- Klickitat (WA)
- Skamania (WA)
- Clackamas
- Deschutes
- Josephine
- Marion
- Umatilla
- Hood River
- Lake
- Lane
- Polk
- Union
- Jackson
- Klamath
- Malheur
- Washington
- Coos
- Douglas
- Klickitat (WA)
- Marion
- Wallowa
- Lincoln
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*The Cigna PPO Network refers to the healthcare providers (doctors, hospitals, specialists) contracted as part of the Cigna PPO for Shared Administration. Cigna is an independent company and not affiliated with Providence Health Plan. Access to the Cigna PPO Network is available through Cigna’s contractual relationship with Providence. All Cigna products are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.
Coast-to-coast coverage begins here

Providence Signature network

For nationwide coverage, look no further than the Providence Signature network. It provides members with expansive in-network access to healthcare providers across the U.S.

A broad national network complements the Providence delivery system of 51 hospitals, more than 1,000 clinics and 25,000 physicians across seven western states.

Providence Extend PPO network

If your business needs more extensive coverage, the Extend PPO network is designed specifically for you. This broad, comprehensive national network offers the largest number of providers and facilities of any Providence network.

Members who reside or travel outside of Oregon and southwest Washington will have access to over 1 million providers, as well as coverage under the largest delivery systems in the Portland metropolitan area.

Open access PPO network featuring over 1 million providers nationwide

- Preferential contracts with Providence providers and facilities in Oregon and southwest Washington
- Nationwide coverage with the Cigna PPO Network*
- In-network access to some of the best major healthcare systems in Oregon, including Providence, OHSU, Legacy, and Adventist
- The full network is available to all enrolled members regardless of resident address

The Cigna PPO Network* includes over 1 million** providers for members who reside or travel outside of Oregon and southwest Washington.***

Access to the quality Providence delivery system and a broad national network, plus OHSU and Legacy Health in Oregon.

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**Cigna analysis of actual providers contracted as part of the Cigna PPO for Shared Administration as of December 2020. Data is subject to change.

***The Cigna PPO network applies to the following market segments: Fully-insured SG and LG (OR domiciled employers only) and self-funded ASO employers. It does not apply to WA domiciled fully-insured groups or individual plans at this time.
Check out your funding options

We offer fully-insured or self-funded

There is no “one-size-fits-all” for group health plans. It’s important to weigh all options available in order to discover the best fit for your organization.

You can take comfort in knowing exactly what your fully-insured plan is going to cost each month, or increase your flexibility and control with a self-funded plan.
Increase your ability to plan ahead

**Fully-insured plans**

Fully-insured is the more traditional way to structure an employer-sponsored health plan. You pay a certain premium each month to the Providence. With this plan, there is no additional risk to you. You know exactly what your plan is going to cost each year.

- Flexible benefits with a full choice of networks
- Recognized by NCQA, that measures a health plan structure and process, clinical quality and patient satisfaction
- Health plan offerings include PPO, Medical Home, and HSA plans
- Robust reporting tools for certain groups that qualify
- All-inclusive services such as case management, telehealth, pharmacy benefit management, and health coaching

Gain more flexibility and control

**Self-funded plans**

Whatever the size and scale of your business, we have a solution that will take care of you and your people. With a Providence self-funded plan, you will have access to all of your claims and financial reporting, allowing you to manage your health benefit program like any other aspect of your business. If you’re interested in moving from a fully-insured to a self-funded option, we will build a tailored program that’s customized to the needs of your organization and facilitates a seamless transition without disruption to your employees’ care. Beyond insurance, we provide additional professional services designed to ease your way on the administration and planning of your holistic healthcare needs.

- Member materials created by Providence Health Plan
- Options to manage HRA, HSA and FSA
- Management of benefits enrollment
- Benefit determinations and claims processing

**Preferred stop-loss partner**

You can protect your business from losses against unexpected high-cost claims. Use one of our preferred stop-loss partnerships.

- Data-driven pricing based on proprietary network contracts and demonstrated, best-in-class claims management practices validated by our partners
- Full management of the stop-loss relationship eliminating the administrative burden for you
- Flexible contract terms and provisions to meet the unique needs of self-insured business
A variety of available plans and services

Health Plan Offerings

- **Administrative Services Only (ASO) plans**
  With self-funded plans, also called administrative services only (ASO) plans, Providence acts as a third-party claims administrator (TPA) for the group’s health benefit plan that includes Providence health care services and provider networks.

- **PPO/Medical Home/HSA plans**
  Fully insured coverage where your company enjoys the benefits of our provider negotiated rates and pays a fixed rate (premium) throughout the contract period, based on the number of employees enrolled and type of policy.

Additional Services

- **Managed Care Organization (MCO)**
  Tailored workers’ compensation services for managing the medical care and recovery of injured workers

Pharmacy options that save more money

Providence has been providing one of the best-in-class pharmacy management solutions for more than 20 years. We combine high-performance formularies and clinical programs with comprehensive, coordinated care to deliver lower costs to employers and beneficiaries. The following core components distinguish Providence from other providers:

01 **Total spend management = lower net cost**
Providence incorporates clinical and management best practices with a lowest-net cost philosophy to produce lower total spend for our customers. We achieve this through:

- Pharmacy costs that are $106 lower per member, per year compared to the national average
- Excellence in evidence-based medicine (EBM), using the best available research to help make decisions about care
- A generics-first formulary supporting EBM
- Strong utilization management programs
- Optimally managed specialty and medically-infused drugs
- Market-leading discounts and rebate optimization programs

02 **Direct-contract nationwide pharmacy network**
Our nationwide network, which we directly manage, includes over 36,000 pharmacies located in all U.S. States and territories. Members also have access to two convenient mail order pharmacy solutions. Specialty pharmacies deliver specialty medications to all U.S. States and territories, as well. Their services include patient administration training and specialized medication handling.

03 **Provider collaborations: Partnering with providers to optimize medication use**
Our integration and relationships with providers allows us to develop unique quality and cost-containment strategies. Through shared analytics, we partner to identify opportunities that result in better health by optimizing medication use.
HSA Qualified plans offer premium savings and encourage members to actively participate in decisions that affect their healthcare costs. Choice and Connect plans provide integrated care from the team at a Medical Home clinic. And, our Option Advantage plans offer a wide range of coverage and deductibles.
Robust coverage plans

Option Advantage Base
Check out our most cost-efficient plan. The deductible is waived for preventive services, ExpressCare Virtual visits and prescriptions. These plans pair well with an HRA through HealthEquity.

Option Advantage Plus
Save more on services that members use most. This plan waives the deductible for specialists office visits, urgent care, and allergy shots. X-rays and labs are covered in full for the first $500.

Option Advantage Premium
Even better, the deductible is waived for many more commonly needed services including: ER, routine immunizations, lab and X-ray, imaging services (PET, CT, MRI) and more.

Personal Option
Like Option Advantage Premium, it leverages coverage to in-network providers only, utilizing our Signature network. Many services are not subject to the deductible.

Premium savings plans

HSA Qualified plans
Our HSA Qualified plans — both embedded and non-embedded — offer affordable coverage. Pair them with a qualified financial institution for greater retirement savings since HSA’s are owned by individuals and never expire. Within this plan, pharmacy-embedded benefits include a safe harbor formulary providing coverage for most-needed medications before the deductible is met.

Connect plan
This plan, offered only in Oregon*, integrates seamlessly with our Medical Home clinics. Connect features lower costs thanks to integrated delivery with non-Providence primary care physicians and specialists working together. It also links to select non-Providence clinics in the Portland metropolitan area.**

Choice plan
Choice plans provide integrated care from the team at a Medical Home clinic. Similar to the Connect plan*, the Choice plan leverages integrated care from the clinic, and it’s statewide!**

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<td>Deductible</td>
<td>$1,500 – $7,500 (aggregate)</td>
<td>$0 – $9,100</td>
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<td>Out-of-Pocket Max.</td>
<td>$3,000 – $15,000 (embedded)</td>
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<td>Family Multiplier</td>
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<td>Coinsurance</td>
<td>0% – 50%</td>
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*See page 2 for network coverage and selling service area.
**Members must select a Medical Home as their integrated team.
### Preventive Care

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</table>

### Emergency and Urgent Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Advantage Base</th>
<th>Advantage Plus</th>
<th>Advantage Premium</th>
<th>HSA</th>
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<tbody>
<tr>
<td>Office visits to a PCP (in-person)</td>
<td>CIF ✓</td>
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<td>Office visits to a specialist (in-person and virtually)</td>
<td>CIF ✓</td>
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</tr>
<tr>
<td>Preventive care visits (limited to up to 20 visits)</td>
<td>Same as OON specialist visit CIF ✓</td>
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</tr>
<tr>
<td>Tobacco cessation (counseling, classes &amp; medications)</td>
<td>CIF ✓</td>
<td>Not covered CIF ✓</td>
<td>Not covered CIF ✓</td>
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</tr>
<tr>
<td>Physician/Provider services</td>
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<td></td>
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</tr>
</tbody>
</table>

### Benefits

- **Preventive care**: No deductible needs to be met prior to receiving this benefit.
- **Out-of-network**: CIF Covered in full.
- **In-network**: CIF Covered in full.
- **Copay applies or % coinsurance applies**: $45 applies or % coinsurance applies.
- **If coinsurance is 10% then ASC is 5%**: $100 applies.
- **Separate limits for rehabilitative/habilitation; doesn't apply to mental health services**: $1,000 applies.
## Plan type | Choice | Connect | Personal Option
--- | --- | --- | ---
### Network
- **Choice**: Signature for Choice (OOA plan)
- **Connect**: Signature or Extend PPO

Most services covered after the deductible is met

Deductible waived on in-network (INN) and specialist visits

### In-network (INN) or Out-of-network (OON)

<table>
<thead>
<tr>
<th>In-network (INN)</th>
<th>Out-of-network (OON)</th>
</tr>
</thead>
</table>
| INN | OON | INN | OON | INN | OON**

**On-demand provider visits**

- **ExpressCare Virtual**: CIF ✅
- **Providence ExpressCare Retail Health Clinic**: CIF ✅

**Preventive care**

- **Periodic health exams and well-baby care**: CIF ✅
- **Routine immunizations and shots**: CIF ✅
- **Colonoscopy (age 45+)**: CIF ✅
- **Gynecologic exams, pap tests**: CIF ✅
- **Mammograms**: CIF ✅
- **Nutritional counseling**: CIF ✅
- **Tobacco cessation (counseling, classes & medications)**: CIF ✅

**Physician/Provider services**

- **Office visits to a PCP (in-person or virtually)**: CIF ✅
- **Office visits to a specialist or other provider (in-person or virtually)**: CIF ✅
- **Office visits to an alternative care provider in-person, i.e. Naturopath**: CIF ✅
- **Office visits to a PCP or alternative care provider (virtually)**: CIF ✅
- **Chiropractic manipulation (limited 20-30 visits)**: CIF ✅
- **Acupuncture (limited 12-30 visits)**: CIF ✅
- **Allergy shots and serums**: CIF ✅
- **Infusions and injectable medications**: CIF ✅
- **Surgery; anesthesia in an office or facility**: CIF ✅

**Diagnostic services**

- **Lab, X-ray and testing**: CIF ✅
- **Imaging (PET, CT, MRI)**: CIF ✅

### Plan type | Choice | Connect | Personal Option
--- | --- | --- | ---
### Emergency and urgent services
- **Emergency services**: CIF ✅
- **Urge care (non-life threatening)**: CIF ✅
- **Emergency medical transportation**: CIF ✅

### Hospital services
- **Inpatient or observation care**: CIF ✅
- **Rehabilitative or habilitative care**: CIF ✅

### Outpatient services
- **Outpatient surgery, infusion, dialysis, chemo, radiation therapy**: CIF ✅
- **Outpatient surgery at an Ambulatory Surgical Center**: CIF ✅

### Maternity services
- **Prenatal office visits**: CIF ✅
- **Delivery and postpartum services**: CIF ✅

### Medical equipment, supplies and devices
- **Medical equipment and prosthetics/orthotics**: CIF ✅
- **Diabetes supplies**: CIF ✅

### Mental health and chemical dependency
- **Outpatient office visits (in-person)**: CIF ✅
- **Outpatient office visits (virtually)**: CIF ✅

### Vision
- **Pediatric WellVision® Exam (every 12 months)**: CIF ✅
- **Adult WellVision® Exam (every 12 months)**: CIF ✅

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- No deductible needs to be met prior to receiving this benefit
- OON Out-of-network
- INN In-network
- CIF Covered in full

Copay applies or % coinsurance applies

*If coinsurance is 10% then ASC is 5%**

**Coverage provided for in-network providers only**

*** Separate limits for rehabilitative/habilitative; doesn't apply to mental health services
Pharmacy plans

There are many choices for prescription drugs. You can add a flexible pharmacy plan to enhance medical benefits. Pharmacy plans include a comprehensive prescription drug formulary, ensuring that members have access to medications that are safe, effective, and affordable.

- Tier 1: $0 – $25
- Tier 2: $0 – $30
- Tier 3: $0 – $75
- Tier 4: $0 – $100
- Tier 5: 50% up to flexible $ cap
- Tier 6: Same as Tier 5

Each tier should not exceed the next tier range.

Vision Service Plan (VSP)

Help your employees see the bright future ahead with a comprehensive vision plan. The only difference between each plan is the frequency of lenses and frames.

- Exams/lenses/frames
  - Vision Basic: 12 mo./24 mo./24 mo.
  - Vision Plus: 12 mo./12 mo./24 mo.
  - Vision Premium: 12 mo./12 mo./12 mo.

- Adult exam copay: $10 on all plans
- Adult frame/contact lens allowance: $130 on all plans

Dental plans

Add a Providence dental plan for comprehensive coverage and access to nearly 353,000 in-network providers nationwide. Interested in more details? Ask us!

- Nine dental plan options with and without orthodontia coverage
- No waiting periods for coverage
- Robust coverage in- and out-of-network
- Flexible options with a variety of annual maximum and out-of-network reimbursement levels

Oregon: massage therapy plans

Alternative medicine benefits are available to support health and wellness all year long. Our massage therapy plan options offer employees therapeutic benefits that can be coordinated with our traditional care pathways.

- Massage Therapy copay plan options: $15, $20 or $25
- Calendar year maximum benefit per member: $500, $1,000, $1,500
- Chiropractic manipulations and acupuncture are embedded into the medical benefit. Chiropractic manipulations are limited to 20 visits; acupuncture is limited to 12 visits in- and out-of-network per calendar year
- All plans offered as Plus (any licensed provider)
- Can combine any copay with any of the calendar year maximums

Washington: chiropractic, acupuncture, and massage therapy plans

- Chiropractic and acupuncture: plan offered with and without massage therapy coverage
- Copay options [$10 - $25] with visit limits of [6, 12, or 18] per calendar year
- CHA-MT/CHA-MT Plus: Chiropractic manipulation, acupuncture and massage therapy plans with varying copays and visit limits per calendar year
- For treatment of convergence insufficiency (roaming or wandering eye)

NEW! Vision therapy

- 12 visit lifetime benefit

Need more detailed plan information? Visit ProvidenceHealthPlan.com
Helping members get the most from their plan

New to Providence?
Our Northwest-based Providence customer service team will help members make the most of their plan — even before membership begins. Some of the things we can do are:

- Help find in-network providers and specialists
- Connect to different services like Behavioral Health or Telehealth
- Help transition existing care and prescriptions from prior insurance

Ongoing care needs
Our Care Management team of Registered Nurses (RNs), Social Workers, Clinical Support Coordinators, and Technicians help members understand and manage long-term health needs — especially helpful for things like a cancer diagnosis, or chronic conditions like heart disease, asthma or diabetes. They can provide information about conditions or assist in navigating the complex healthcare system.

Connecting to a provider
Members can easily find the right doctor, specialist, pharmacy, or care facility that meets their needs through our online directory.

Visit ProvidenceHealthPlan.com/ProviderDirectory

Convenient, digital access for members

myProvidence (member portal)
Members can register today to securely manage and access health benefits from a web browser on their phone, tablet or computer whenever they like.

- Find in-network providers
- Get a replacement ID card
- Estimate costs for medical, pharmacy, and dental
- View claim and explanation of benefits
- View progress towards the deductible and out-of-pocket maximum
- Take a personal health assessment so we can help serve them better
- Communicate with Customer Service via secure email and chat
- Access exclusive member discounts on fitness memberships, travel and more

Members sign up at myProvidence.com

Convenient access to medication
We are always adding locations to our preferred retail network and negotiating volume pricing. Our aim is to improve convenience and access to the medications members need. This helps them save time and money when obtaining prescription drugs.

Preferred retail pharmacies
With a preferred pharmacy, members usually pay less when filling a 30- to 90-day supply of medications. Nearly all our in-network pharmacies are preferred — including most major drug store chains.

Mail order pharmacy
With many plans, mail order allows members to purchase a 90-day supply of medications at a reduced cost and have them delivered directly to their home.

Specialty pharmacies
Ordering specialty medications (i.e. drugs that require special handling or administration) is easy and convenient with assistance from our specialty care coordination team. With access to the real-time benefits tool, a care team will help coordinate benefit plans, costs, and access to medications, so that members can achieve their health goals at the lowest net cost possible.

For all pharmacy needs, visit ProvidenceHealthPlan.com/pharmacy
Get the right care at the right time at the right place

If you ever think a life or well-being could be in serious danger, call 911 immediately.

**ProvRN** **Free**
Access to care 24/7
Speak with a registered nurse anytime, any day. An easy first step when members have symptoms and want to know if they need face-to-face care.

**ExpressCare Virtual** **Free**
Getting the care members need, when they need it
Talk with a provider from anywhere using a tablet, smartphone, or computer. This is a great option for prescriptions and treatment that doesn’t require hands-on care. Available nationwide.

**ExpressCare Clinics** **Free**
Same-day, in-person treatment
When members need to see someone and their regular care provider is unavailable. ExpressCare Clinics are only available in certain areas.

**Primary Care** $$
A primary healthcare partner
Primary care providers develop a relationship with members and know their health history. Visit them for check-ups, managing chronic conditions, and specialist referrals.

**Urgent Care** $$$
When help is needed right away
Urgent care is where members turn when they know they need help and can’t wait for an appointment. This is best for minor injuries, cuts, burns, pains, and sprains.

**Emergency** $$$$$
When someone may be in danger
Use emergency care for symptoms like suspected heart attack, stroke, severe abdominal pain, poisoning, choking, loss of consciousness, and uncontrolled bleeding.

*HSA plan members must first meet their plan deductible; then services are covered in full.
*ExpressCare Virtual and ExpressCare Clinic services are free with most plans.

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### More ways to reach True Health

#### Active&Fit Direct™
Ready to kick-start a routine or looking to take it to the next level? Access more than 11,000 participating fitness centers, and over 5,500 workout videos on demand for only $25 a month (plus a $25 enrollment fee and applicable taxes; 2-month commitment required).∗

#### LifeBalance
Get discounts on the things members love to do from movies to travel to a night on the town. LifeBalance provides savings on more than 20,000 travel, cultural, recreational, and other fun activities.**

#### ID Protection
Get peace of mind with Assist America Identity Theft Protection’s fraud monitoring, warning, and resolution.

#### Personal Health Coach
Thinking about a healthier lifestyle but don’t know where to start? Our Providence health coaches are here to support members journey to a healthier, happier life.

#### Behavioral Health Concierge
Access virtual and confidential same-day or next-day appointments at no cost***, with Providence licensed behavioral health professionals. Call 877-744-9355 or visit Providence.org/bhc to request an appointment.

#### Emergency Travel Assistance
Get emergency medical help while traveling away from home, or even internationally, with Assist America Travel Assistance.

#### Behavioral Health
Connect with a direct access line to a dedicated behavioral health and substance abuse service support team, which includes a crisis-trained staff. This team is available 24 hours a day, 7 days a week for members. Just call 800-878-4445 for assistance.

#### ChooseHealthy
We want to give members every opportunity to achieve their health goals, and save big on fitness and wellness products, services, and memberships.

#### LifeBalance Program
Get discounts on the things members love to do from movies to travel to a night on the town. LifeBalance provides savings on more than 20,000 travel, cultural, recreational, and other fun activities.

#### Emergency Travel Assurance
Get emergency medical help while traveling away from home, or even internationally, with Assist America Travel Assistance.

#### Behavioral Health Concierge
Access virtual and confidential same-day or next-day appointments at no cost***, with Providence licensed behavioral health professionals. Call 877-744-9355 or visit Providence.org/bhc to request an appointment.

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Connect with a direct access line to a dedicated behavioral health and substance abuse service support team, which includes a crisis-trained staff. This team is available 24 hours a day, 7 days a week for members. Just call 800-878-4445 for assistance.

#### Learn to Live
Take advantage of a virtual self-directed program that’s confidential and accessible from anywhere. Visit ProvidenceHealthPlan.com/BehavioralHealth for more information.

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*All prices, terms and offerings subject to change.
**Sign up for LifeBalance from the link in myProvidence, or visit LifeBalanceProgram.com directly and enter your email address and access code PHP2822.
***HSA plan members must first meet their plan deductible; then services are covered in full.

For information on these programs, visit ProvidenceHealthPlan.com/discounts
We all deserve True Health

When employees are healthy, they’re inspired to do great things for their companies, their communities, and the world at large. Healthcare is a human right — everyone has a right to quality healthcare. We’re dedicated to the health and care of every member of the community because everyone’s well-being matters.

Ready to get started? One of our sales associates will be glad to help. Call 877-245-4077 to begin the process.

ProvidenceHealthPlan.com