



Feel your best.

Keep your fitness game strong with our member programs, perks and physical activity tips.





Discover True Health

At Providence, we value whole self-care for all members. That’s why you have access to great perks, programs and services.

✓ Get support

Reach your goals with the support and guidance of a Providence health coach

Standard Health Coaching program

- + Work one-on-one with a health coach to reach your well-being goals. The standard program is offered over the phone or online and provides personalized goal setting with manageable steps and guidance to help you take action toward a healthier lifestyle.

Healthy Eating and Active Lifestyle program

- + Join our CDC-recognized Healthy Eating and Active Lifestyle (H.E.A.L.) program to achieve and maintain moderate weight loss and prevent type 2 diabetes. The yearlong program consists of 26 sessions delivered in a group webinar format or one-on-one over the phone.



Schedule an appointment

Call 503-574-6000, 8 a.m. to 7 p.m. (Pacific Time), Monday through Friday, or visit ProvidenceHealthPlan.com/HealthCoach for more information

✓ Explore wellness tools and resources

Wellness Central

- + Log into Wellness Central to complete your wellness assessment, sync your activity tracker or interact with a health coach. Our health and wellness hub helps you translate your goals into meaningful action.

Healthy Bites podcast

- + Join Providence’s professional health coaches for 20-minute episodes covering the latest health and well-being trends. Visit ProvidenceHealthPlan.com/HealthyBites to access the episodes.

Basecamp

- + Build a support system by attending in-person or virtual classes at Basecamp. Basecamp offers support with movement classes, meditation and mindfulness practice, family-centered programs and nutrition and heart health education.



Log in to your [myProvidence](#) account to access your member benefits and perks.



Save big while you achieve your health goals

Active&Fit Direct

- + Access 10,000 participating fitness centers nationwide and on-demand workout videos at home or on-the-go for only \$25 a month, plus a \$25 enrollment fee and applicable taxes.

LifeBalance

- + Get discounts for you and your family on more than 20,000 recreational, cultural, and travel related businesses and activities.

Choose Healthy

- + Save on wellness products, services and memberships that will help you thrive on your road to better health.



Stay on top of your health

Meet with a primary care provider for check-ups, screenings and support to stay healthy.

Find an in-network provider in a few easy steps:

- + Log into your [myProvidence](#) account
- + Click the provider directory to find a provider in your area
- + Contact the provider and make an appointment

Call the customer service team for help finding a provider or pharmacy. The customer service team is available from 8 a.m. to 5 p.m. (Pacific Time), Monday through Friday. Call [503-574-7500](#) or [800-878-4445](#).



Log in to your [myProvidence](#) account to access your member benefits and perks.



Keep your body and brain healthy

Movement relieves stress, improves mood and sleep, gives you energy and can lower your risk of chronic conditions like hypertension, heart disease and dementia. It's never too late to start! Being active can make a big difference for your well-being.

Build a daily routine

- + Keep a consistent workout schedule and treat it like any other important appointment. Aim for at least 30 minutes of activity on most days of the week. Short on time? Break it up into three 10-minute sessions throughout the day!

Do activities you enjoy

- + Make it easy on yourself to move more. Find activities you enjoy, create a workout playlist and be active during your ideal time of day. Movement shouldn't feel like a chore and if you enjoy it, you're more likely to stick with it.

Get the right gear

- + Lower your risk of injury by making sure you have the right apparel, shoes and gear for your activity. You don't have to spend a fortune – just look for items that are supportive and comfortable.

Mix it up

- + Incorporate a variety of activities including cardio, strength training and flexibility exercises into your routine. Stay motivated and continue to challenge yourself by mixing up the intensity and duration of your workouts.

Work out together

- + Make it social! Plan an active date night or get-together with a friend. Try bowling, miniature golf or a game of catch. Help your kids move more by creating family active time. Instead of watching TV go for a walk, bike ride or play hide and seek.

Give it time and keep it up

- + Try to be active around the same time every day to build the habit. If you miss a day or plans get derailed - don't dwell - just focus on what you will accomplish tomorrow.



Log into your myProvidence account to access more well-being tips.



Questions?

One of our customer service members will be glad to help. Customer service is available 8 a.m. to 5 p.m. (Pacific Time) Monday through Friday. Call **503-574-7500** or **800-878-4445 (TTY: 711)**.

[ProvidenceHealthPlan.com](https://www.ProvidenceHealthPlan.com)

