

Hello from your Providence Health Management team

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Welcome to Providence Health Plan! It's nice to meet you.

Ensuring the well-being of the community means everything – to all of us. Your Health Management team is here to help you accomplish your goals and build a relationship grounded in trust and support. We're excited to introduce you to your **Sr. Health & Wellness Manager, Michael Severson.**



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Hi there, I'm...

**Michael
Severson**

Sr. Health & Wellness Manager

I have been with Providence since: August 2013

I have a passion for healthcare because: Healthcare is extremely rewarding because it's important to show my son the value of dignity and compassion. Stepping into someone's life - when they are most vulnerable - and having the opportunity to make a difference is an incredible privilege.

My education/background: I have a Bachelor's degree in Health and Human Performance, and I've been a certified fitness trainer through the American Council on Exercise for the past 23 years.

I love my job, but here's a bit more about me.

If it's the weekend: Rain or shine - you will find me outside. Whether we're on a family adventure, maintaining the yard or just hanging out at the park - the goal is to get as far away from a computer as possible.

Fun fact about me: Whether swimming laps at the local pool, canoeing the Tualatin River, wake boarding the Willamette, wading into the frigid Pacific Ocean on the Oregon Coast or lounging in the warm waters of Hawaii - my family is at peace near any body of water.

Thanks for the opportunity to partner with you. I look forward to getting to know you better, supporting your goals, and helping the community discover True Health together.

Michael Severson

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For more than 160 years, Providence has aligned under a common purpose: to bring True Health to each member of the community.

True Health is a commitment to caring for the whole self: mind, body and spirit. The concept is rooted in the idea that the healthier each of us are, the healthier we all are.

We all deserve True Health.