



Hello from your Providence Health Management team

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 **Health & Wellness Manager, Michael Severson.**



I have been with Providence since: August 2013

I have a passion for healthcare because: I wanted to be an architect – but healthcare chose me nearly 30 years ago. Healthcare is extremely rewarding and it's important to show my son the value of 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 is: I have a Bachelor's degree in Health and Human Performance and I've been a certified fitness trainer for the past 22 years.



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

If it's the weekend: 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 in and around the water.

Hi there, I'm
Michael Severson,
Health & Wellness Manager

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

Michael
(503)574-6842 | michael.severson@providence.org



For more than 160 years, Providence has aligned under a common purpose: to bring True Health to each and every 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.

