



Hello from your Providence Health Coaching 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 coaching 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 Coach, Will Bruce.**



I have been with Providence since: September 2005

My health coaching philosophy is: I believe the better you understand your values, strengths, and motives; the better your success with making lasting healthy lifestyle change. I help you to define what good health means to you personally, examine your conditions for success, and then create a realistic action plan to get you there.

My education/background is: I am an American Council on Exercise - Behavior Change Specialist and an American College of Sports Medicine - Certified Personal Trainer and hold a Bachelor of Science in health sciences from Portland State University. I have an extensive background in personal training and group fitness instruction.



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

If it's the weekend: I'm probably either brewing coffee, lifting weights, or getting schooled by my son in Fortnite.

Fun fact about me: I am a Bitcoin enthusiast.

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.

Will Bruce

Will
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Hi there, I'm

**Will
Bruce,**

Health Coach

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.

