Providence Health Plan | Administered by Providence Health Plan

Providence Health Coaching

Reach your goals with support from a Providence Health Coach

Whether you'd like to increase your activity level, reduce stress, improve your eating habits, lose weight, quit tobacco, or just feel better, a Providence Health Coach can help. We're here to remove barriers, motivate you when you need a nudge, and be a resource on your journey.

The Providence Health Coaching program offers telephonic or virtual sessions at no cost to members[1], along with:

- One-on-one health coaching sessions
- Personalized goal setting with manageable steps
- A program designed to empower you to achieve health goals
- Guidance to help you take action toward healthier lifestyle

Your road to better health

- Weight Management
- Nutrition
- Physical Activity
- Stress
- Sleep
- Social Support
- Digital Wellbeing

[1] Eligibility and participation criteria apply. Health Coaching services are not available for all members. To determine program eligibility, please contact the health coaching program.

Talk to a Health Coach team member today

Call us at **888-819-8999** or **503-574-6000 (TTY: 711)** Monday–Friday from 8 a.m. to 5 p.m. or visit **ProvidenceHealthPlan.com/HealthCoach**