

2026 Quick Reference Sheet

Where to go and who to call once enrolled.



myProvidence

Online / Help desk

Find information about your plan, find a provider, and pay your bills online through your member portal.

[myProvidence.com](https://myprovidence.com)

503-574-7500 or 800-878-4445 (TTY: 711)



Prescriptions

Costco Mail Order Pharmacy¹

Have your prescriptions sent to your home. Costco membership not required.

Rx.Costco.com

800-607-6861

Postal Prescription Services

Have your prescriptions sent to your home.

PPSRX.com

503-797-2100 or 800-552-6694

Rx Savings Solutions²

Save on prescriptions.

ProvidenceHealthPlan.com/Pharmacy

HelpScript^{TM3}

May lower copay on eligible medications.

ProvidenceHealthPlan.com/Pharmacy



Directory

Provider

Find in-network providers for primary care, specialist, medical home, pharmacy or facility.

ProvidenceHealthPlan.com/FindAProvider

503-574-7500 or 800-878-4445 (TTY: 711)

Dentist

Find a provider near you that works with your plan.

ProvidenceHealthPlan.com/FindADentist



Have questions?

Visit ProvidenceHealthPlan.com/QuickReference or call **833-818-2533 (TTY: 711)**, Monday - Friday, 8 a.m. to 5 p.m. (Pacific Time).



Wellness Programs

Care management

Free personalized support for managing your health.

ProvidenceHealthPlan.com/CareManagement

503-574-7247 or 800-662-1121 (TTY: 711)

One Pass SelectTM

The ultimate fitness membership.

OnePassSelect.com

877-515-9364

Behavioral Health

Meet with licensed mental health providers.

ProvidenceHealthPlan.com/BehavioralHealth

503-574-7500 or 800-878-4445 (TTY: 711)



Perks and Extras

LifeBalance

Discounts on the things that leave you feeling fit, happy, and fulfilled.

ProvidenceHealthPlan.com/LifeBalance

888-754-5433

ID Protection

24/7 access to identity theft protection with Assist America Travel Assistance[®].

AssistAmerica.com

800-304-4585

Travel Assistance[®]

Support for emergency medical needs when you're traveling internationally or at least 100 miles away from your home.

Providence.ConnectAmerica.com

877-909-4882

¹Excludes specialty and compounded medications.

²Excludes specialty and compounded medications. Eligibility and participation criteria apply. Rx Savings Solutions program is not available to all members.

³Eligibility and participation criteria apply. HelpScriptTM is not available to all members.

To determine program eligibility, call Pharmacy Customer Service at 503-574-7400 or 877-216-3644 (TTY: 711).