






Behavioral Health Suite of Services

Giving members more choice in how they want and need to access services and care

Behavioral Health isn't a one-size-fits-all solution. Each person is unique, so we work to offer a mix of services and solutions. Here is a quick look at our suite of offerings:

 Resources for Improved Well-Being	Resources to Relax & Recharge <ul style="list-style-type: none"> Savings on massage therapy, yoga, meditation, and more Available through LifeBalance and ChooseHealthy 	
 Self-Management	Health Coaching <ul style="list-style-type: none"> One-on-one health coaching sessions Personalized goal setting with manageable steps A program designed to empower members to achieve their health goals 	Learn to Live <ul style="list-style-type: none"> Self-directed virtual therapy to manage mental well-being One-on-one coaching, mindfulness exercises, and live and on-demand webinars Available at any time within the app
 Telehealth/Virtual	Behavioral Health Concierge <ul style="list-style-type: none"> Quick access to direct care with Providence providers Extended hours 7 a.m. - 8 p.m, seven days week Help with life stressors, mental health, and addiction issues 	
 Broad Clinical Support	Behavioral Health Network <ul style="list-style-type: none"> Local and nationwide access In-person and virtual services Age specific care (kids, teens, adults) Access to specialty behavioral health network 	
 Crisis Care	24/7 Crisis Line (HUB) <ul style="list-style-type: none"> Immediate access 24/7 Team trained in crisis triage care Real time referrals 	Urgent Care <ul style="list-style-type: none"> In-patient and residential care Partial hospital care

*Psychiatrists have the ability to prescribe medication

To explore all available options and see how to best access support, visit ProvidenceHealthPlan.com/BehavioralHealth

Behavioral Health Resources



Service/Benefit	Where to find it/How to access it
Member Perks: LifeBalance and Choose Healthy	Member Portal <ul style="list-style-type: none">• Login at myProvidence.com• Go to the "My Health" drop down• Choose "Member Perks"• Follow directions/links from there
Health Coaching	Member Portal <ul style="list-style-type: none">• Login at myProvidence.com• Go to the "My Health" drop down• Choose "Member Perks"• Follow directions/links from there
Learn to Live	Learn to Live Landing Page <ul style="list-style-type: none">• LearnToLive.com/Welcome/ProvidenceHealthPlan• Enter code: PHPComm• Answer some questions and get suggestions for a program that best fits your needs
Behavioral Health (BH) Concierge	BH Concierge Homepage <ul style="list-style-type: none">• Providence.org/BHC• Request an appointment, or call 877-744-9355
Behavioral Health Network	Provider Directory <ul style="list-style-type: none">• Go to the ProvidenceHealthPlan.org/FindAProvider and search using your Member ID• Select "Find a care provider"• Select "Mental Health/Substance Use Disorder"
Crisis Care	Call customer service at 503-574-7500 or 800-878-4445 , they will help connect you directly to our clinical department