



Feel your best

Keep calm and make this year
the best one yet





Take care of your whole self

At Providence, we value whole self-care for all members. That's why we've enhanced our perks, programs and services.

Access in-network behavioral health providers

Meet with a licensed mental health provider that best suits your needs, fully confidential – always.

Find an in-network behavioral health provider in a few steps:

- + Log in to your [myProvidence](#) account
- + Click the provider directory to find a provider in your area
- + Contact the provider and make an appointment – no referral required



Call the behavioral health and substance abuse service support team

We're here for you when you need us. The support team is available 24/7, every day. Call [800-878-4445](tel:800-878-4445).

Use your member perks to create a truly healthy life

Personal health coach

- + Our Providence health coaches are here to remove barriers, motivate you when you need a nudge and be a trusted resource on your journey to a healthier, happier you.

Schedule an appointment

- + Call [503-574-6000](tel:503-574-6000), 8 a.m. to 7 p.m. (Pacific Time), Monday through Friday, or visit ProvidenceHealthPlan.com/HealthCoach for more information about scheduling.



Healthy Bites podcast

- + Join Providence's professional health coaches for 20-minute episodes covering the latest health and well-being trends. Visit ProvidenceHealthPlan.com/HealthyBites to access the episodes.

LifeBalance

- + Get discounts for you and your family on more than 20,000 recreational, cultural, and travel related businesses and activities.

ChooseHealthy

- + Save big on wellness products, services and memberships that will help you thrive on your road to better health.



Log in to your [myProvidence](#) account to access your member benefits and perks.



Keep your stress in check

A majority of Americans report feeling stress daily. Long-term stress can influence inflammation, sleep disturbances, and the risk of chronic disease. Although you can't always avoid your stressors, how you cope with them can make a big difference for your well-being.

Make your basic needs a top priority

- + Eat regularly (healthy food you enjoy is best), stay hydrated, exercise, and keep your sleep schedule the same. Try to avoid skipping breakfast or staying up too late.

Reach out to family and friends

- + Arrange a video chat or virtual movie night with someone you trust. It's natural to self-isolate when we aren't feeling our best but withdrawing from family and friends isn't going to help your mental health long-term.

Do activities you enjoy

- + Cook, read, draw, exercise – add it to your schedule and make it a priority. Consider alternative ways you can do activities, like Zoom happy hours or streaming concerts.

Build a daily routine

- + Stick to a schedule that allows enough time for getting daily tasks done and for self-care or relaxation. Try not to overwork yourself, as this can lead to burnout.

Focus on what you can control

- + Focus on the present moment and the small things you can control. Stay informed by reading science-based sources, but try to avoid feeding the rumor machine.

Express your feelings, including the negative ones

- + Write in a journal, cry it out, chat with a trusted friend or find a coach or therapist to talk with. It's normal (and human) to have feelings of anger, anxiety, fear and stress, but try not to dwell on your negative thoughts.



Log in to your myProvidence account to access more well-being tips.



Questions?

One of our customer service members will be glad to help. Customer service is available 8 a.m. to 5 p.m. (Pacific Time) Monday through Friday. Call **503-574-7500** or **800-878-4445 (TTY: 711)**.

[ProvidenceHealthPlan.com](https://www.ProvidenceHealthPlan.com)

