

# 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 professional **Health Coach, Will.**



Hi there, I'm

**Will  
Bruce**  
Health Coach

**I've been with Providence since:** September 2005

**My health coaching philosophy:** The better you understand your values, strengths, and motives - the better your success with making lasting healthy lifestyle changes. 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:** I am an American Council on Exercise - Behavior Change Specialist and an American College of Sports Medicine - Certified Personal Trainer. I hold a Bachelor of Science in health sciences from Portland State University.

## 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.

Thank you for the opportunity to partner with you. I look forward to getting to know you better and supporting your goals - because everyone's well-being matters.

*Will Bruce*

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## Health For All

We are committed to working alongside the communities we serve, learning about unique healthcare challenges, and creating tangible solutions to make healthcare more equitable and accessible.