

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.