Thinking about making a change?

- Create a personalized action plan
- Receive non-judgmental support
- Take a holistic approach
- Prioritize what’s important to you
- Learn about free health plan resources
- Take accountability for your goals
- Work through challenges and identify alternative solutions
- Gain skills to manage your health

Visit ProvidenceHealthPlan.com/healthcoach or call 888-819-8999 or 503-574-6000 (TTY:711) to enroll in the program.