True Health Starts Here

Groups sized 1-50

ProvidenceHealthPlan.com
Building True Health, Together

We believe everyone deserves the absolute best care, no matter their circumstances.

For more than 160 years, our not-for-profit healthcare collective has set the health and well-being standard for our community. We continue to raise this standard every day by helping anyone in need, members and beyond.

We believe that health insurance is much more than a perk or a benefit. That’s why our health insurance goes beyond just numbers. Think of our plans as an extension of the care you already give your employees — a true sense of security, allowing your people to focus on their craft. We call this commitment to care True Health.

This commitment isn’t solely about treating sickness, it’s about investing in health. Providence leverages our own network of doctors, hospitals, clinics, and trusted partners, to deliver on the whole care picture — True Population Health. This means we intervene earlier, improve outcomes, lower costs, and better the health of our entire community. Because healthcare isn’t a commodity service, it’s a community pursuit.

We all deserve True Health
Better Care Builds Better Communities

We approach insurance differently than most; we look at your organization as its own community with its own unique needs. We’re transparent in our costs, proactive in our approach, and committed to providing high-quality service and support, always. We follow through by putting our values into action.

Continuing to make mental healthcare a priority

In difficult times when we need support, we often don’t know where to turn (and our fear of judgment may keep us silent). Our commitment to mental health will be strengthened in 2021 by bringing mental health services in house. This will result in seamless customer service and integrated care management.

+ One number to call
+ 24/7 crisis management
+ Behavioral health providers integrated into our proprietary PHP networks
+ Three behavioral health and three EAP visits covered in full before the deductible on Connect and Choice Gold and Silver plans

Bringing the provider to you with Telehealth

Most of us don’t have time to be sick, and our schedules are busier than ever. Providence Health Plan is bringing care to you with innovative Telehealth options like our ExpressCare Virtual platform. Engaging with a provider when you need it has never been easier.

+ 24/7 access (with ProvRn)
+ Same-day appointments (ExpressCare Virtual)
+ Connect with a provider from anywhere with Wi-Fi (ExpressCare Virtual)

Helping businesses offer healthcare with innovation

Our strong commitment to population health leads us to a holistic Medical Home model of care. This is patient centered and influences the benefits obtained from it. We support the quality of and access to the Providence St. Joseph Health system. Our aim is to deliver an integrated care experience that provides better outcomes. And the best value.

+ Collaborative, team-based approach to care that focuses on the member’s overall well-being
+ Providence St. Joseph Health at the core, supplemented by select high-quality providers
+ High-performing, tailored approach to deliver rich benefits and a great value
Choose what network fits best for you

Explore a wide range of options

Each small group plan has a designated network. Choose a plan that best fits your benefit needs and preferred network. Employers may offer up to three plans (depending on the number of enrolled subscribers) to ensure their employees can choose preferred plans and networks to meet their needs.
These high-value networks put patients first

Providence Connect network

The integrated Connect network provides the best value offered in Oregon. This network includes more than 80 patient-centered care clinics in the Portland metro area and surrounding counties.

The Connect network delivers an integrated patient-centered experience from primary care through specialty and hospital care.

Connect serves these Oregon counties

- Clackamas
- Hood River
- Multnomah
- Washington
- City of Newberg in Yamhill County

Providence Choice network

With Choice plans, you get a network of more than 410 primary care clinics covering a broad spectrum of Oregon and Washington counties. This integrated network includes both Providence St. Joseph Health and local providers and hospitals.

As with the Connect network, dependents like college students who are away from home, or spouses/partners that live in another city, can be covered on this plan as well.

The Choice network centers healthcare coverage around your local doctors and clinics.

Choice serves even more counties

- Baker
- Benton
- Clackamas
- Clatsop
- Coos
- Crook
- Curry
- Deschutes
- Douglas
- Eatonville
- Hood River
- Jackson
- Josephine
- Klamath
- Lane
- Lincoln
- Linn
- Malheur
- Marion
- Multnomah
- Polk
- Umatilla
- Union
- Wallowa
- Washington
- Yamhill
Coast-to-coast coverage begins here

Providence Signature network

For nationwide coverage, look no further than the Providence Signature network. It provides members with expansive in-network access to healthcare providers across the U.S.

A broad national network complements the Providence St. Joseph Health system of 51 hospitals, 829 clinics and 23,000 physicians across seven western states.

This robust network features nearly 1 million doctors and hospitals. Members are never far from the expert care they may need.
Robust benefits help members stay healthy

Check out the variety of plan options

Employees can choose plans suitable for their lives and lifestyles.

Total Enhanced plans offer rich benefits along with lower copays. Balance plans include a mix of cost-saving features and coverage for the services members use most.

Choice and Connect plans provide integrated care from the team at your home clinic. HSA Qualified plans offer premium savings, allowing members to manage their own healthcare costs. And our Standard, Balance and HSA Qualified plans are certified for the Small Business Health Options Program (SHOP).
Benefits your employees want plus a nationwide network

Total Enhanced plans

Offering the most robust level of coverage, Total Enhanced plans offer best-in-class benefits with full access to the national Providence Signature network.

<table>
<thead>
<tr>
<th>Plan version</th>
<th>Individual deductible</th>
<th>Individual Out-of-pocket max.</th>
<th>In-network copay</th>
<th>Coinsurance</th>
<th>ER</th>
<th>Rx tiers</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Common</td>
<td>Common</td>
<td>Primary/Specialist</td>
<td>In/Out</td>
<td>T1</td>
<td>T2</td>
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<tr>
<td>250 Platinum</td>
<td>$250</td>
<td>$3,500</td>
<td>$10/$25</td>
<td>10%/30%</td>
<td>CIF</td>
<td>$250 then 10%</td>
</tr>
<tr>
<td>500 Platinum</td>
<td>$500</td>
<td>$3,500</td>
<td>$10/$25</td>
<td>10%/30%</td>
<td>CIF</td>
<td>$250 then 10%</td>
</tr>
<tr>
<td>1000 Gold</td>
<td>$1,000</td>
<td>$7,500</td>
<td>$20/$40</td>
<td>30%/40%</td>
<td>CIF</td>
<td>$250 then 30%</td>
</tr>
<tr>
<td>1500 Gold</td>
<td>$1,500</td>
<td>$7,500</td>
<td>$20/$40</td>
<td>30%/40%</td>
<td>CIF</td>
<td>$250 then 30%</td>
</tr>
<tr>
<td>2500 Gold</td>
<td>$2,500</td>
<td>$7,500</td>
<td>$20/$40</td>
<td>20%/40%</td>
<td>CIF</td>
<td>$250 then 20%</td>
</tr>
<tr>
<td>3500 Gold</td>
<td>$3,500</td>
<td>$7,500</td>
<td>$20/$40</td>
<td>20%/40%</td>
<td>CIF</td>
<td>$250 then 20%</td>
</tr>
<tr>
<td>4500 Gold</td>
<td>$4,500</td>
<td>$7,500</td>
<td>$20/$40</td>
<td>20%/40%</td>
<td>CIF</td>
<td>$250 then 20%</td>
</tr>
<tr>
<td>5500 Gold</td>
<td>$5,500</td>
<td>$7,500</td>
<td>$20/$40</td>
<td>20%/40%</td>
<td>CIF</td>
<td>$250 then 20%</td>
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<tr>
<td>7200 Silver</td>
<td>$7,200</td>
<td>$8,550</td>
<td>$45/$65</td>
<td>35%/40%</td>
<td>CIF</td>
<td>$250 then 35%</td>
</tr>
</tbody>
</table>

*50% up to $200. Deductible waived

In- and out-of-network common deductibles and out-of-pocket maximums

Deductible waived on all six pharmacy tiers

Chiropractic manipulation and acupuncture visits (up to 15 visits per calendar year combined; deductible waived)

Cost-saving features tailored to your employees’ needs.

Balance plans

With excellent benefits and a lower premium, this classic plan design is straightforward and flexible. Get full access to the national Providence Signature network.

<table>
<thead>
<tr>
<th>Plan version</th>
<th>Individual deductible</th>
<th>Individual Out-of-pocket max.</th>
<th>In-network copay</th>
<th>Coinsurance</th>
<th>ER</th>
<th>Rx tiers</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In/Out</td>
<td>In/Out</td>
<td>Primary/Specialist</td>
<td>In/Out</td>
<td>T1</td>
<td>T2</td>
</tr>
<tr>
<td>750 Gold</td>
<td>$750/ $1,500</td>
<td>$8,200/ $16,400</td>
<td>$30/50%</td>
<td>20%/50%</td>
<td>CIF</td>
<td>$250 then 20%</td>
</tr>
<tr>
<td>1500 Gold</td>
<td>$1,500/ $3,000</td>
<td>$8,200/ $16,400</td>
<td>$30/50%</td>
<td>20%/50%</td>
<td>CIF</td>
<td>$250 then 20%</td>
</tr>
<tr>
<td>2500 Silver</td>
<td>$2,500/ $5,000</td>
<td>$8,550/ $17,100</td>
<td>$40/60%</td>
<td>40%/50%</td>
<td>CIF</td>
<td>$250 then 40%</td>
</tr>
<tr>
<td>3500 Silver</td>
<td>$3,500/ $7,000</td>
<td>$8,550/ $17,100</td>
<td>$40/60%</td>
<td>35%/50%</td>
<td>CIF</td>
<td>$250 then 35%</td>
</tr>
<tr>
<td>4500 Silver</td>
<td>$4,500/ $9,000</td>
<td>$8,550/ $17,100</td>
<td>$40/60%</td>
<td>35%/50%</td>
<td>CIF</td>
<td>$250 then 35%</td>
</tr>
<tr>
<td>6000 Silver</td>
<td>$6,000/ $12,000</td>
<td>$8,550/ $17,100</td>
<td>$40/60%</td>
<td>35%/50%</td>
<td>CIF</td>
<td>$250 then 35%</td>
</tr>
<tr>
<td>7000 Bronze</td>
<td>$7,000/ $14,000</td>
<td>$8,550/ $17,100</td>
<td>$50/85%</td>
<td>50%/50%</td>
<td>CIF</td>
<td>$250 then 50%</td>
</tr>
<tr>
<td>8550 Bronze</td>
<td>$8,550/ $17,100</td>
<td>$8,550/ $17,100</td>
<td>$50/85%</td>
<td>50%/50%</td>
<td>CIF</td>
<td>$250 then 50%</td>
</tr>
</tbody>
</table>

*50% up to $200. Deductible waived

NEW! Balance plans are certified for SHOP

Deductible waived on select benefits, including primary care and specialist office visits, urgent care and in-network physical therapy

Chiropractic manipulation and acupuncture visits (up to 10 visits per calendar year combined; deductible waived)
High-value plans that use a patient-centered model of care

Connect plans

Connect plans achieve substantial premium savings by combining a patient-centered medical home model of care with our Portland metro area Connect network.

<table>
<thead>
<tr>
<th>Plan version</th>
<th>Individual deductible</th>
<th>Individual In-network Copay</th>
<th>Coinsurance</th>
<th>ER</th>
<th>Rx tiers</th>
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</thead>
<tbody>
<tr>
<td>In/Out</td>
<td>In/Out</td>
<td>Primary T1/Primary T2/Specialist In/Out</td>
<td>T1</td>
<td>T2</td>
<td>T3</td>
</tr>
<tr>
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<td>25%/50%</td>
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<td>CIF $15 $50 $50* 50% $50* 50%</td>
</tr>
<tr>
<td>1500 Gold</td>
<td>$1,500/3,000</td>
<td>CIF/30%/$50%</td>
<td>25%/50%</td>
<td>$250 then 25%</td>
<td>CIF $15 $50 $50* 50% $50* 50%</td>
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<td>2800 Silver</td>
<td>$2,800/5,600</td>
<td>CIF/50%/$70%</td>
<td>40%/50%</td>
<td>$250 then 40%</td>
<td>CIF $20 $65 $50* 50% $50* 50%</td>
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<td>3500 Silver</td>
<td>$3,500/7,000</td>
<td>CIF/50%/$70%</td>
<td>40%/50%</td>
<td>$250 then 40%</td>
<td>CIF $20 $65 $50* 50% $50* 50%</td>
</tr>
<tr>
<td>4500 Silver</td>
<td>$4,500/9,000</td>
<td>CIF/35%/$50%</td>
<td>35%/$50%</td>
<td>$250 then 35%</td>
<td>CIF $20 $65 $50* 50% $50* 50%</td>
</tr>
<tr>
<td>6000 Silver</td>
<td>$6,000/12,000</td>
<td>CIF/40%/$60%</td>
<td>35%/$50%</td>
<td>$250 then 35%</td>
<td>CIF $20 $65 $50* 50% $50* 50%</td>
</tr>
<tr>
<td>7000 Bronze</td>
<td>$7,000/14,000</td>
<td>CIF/35%/$50%</td>
<td>35%/$50%</td>
<td>$250 then 35%</td>
<td>CIF $20 $65 $50* 50% $50* 50%</td>
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<tr>
<td>8550 Bronze</td>
<td>$8,550/17,100</td>
<td>CIF $35% CIF CIF CIF CIF</td>
<td>50%/$50%</td>
<td>$250 then 50%</td>
<td>CIF $35% CIF CIF CIF CIF</td>
</tr>
</tbody>
</table>

*50% up to $200 **No tiers, primary and specialist copay only  ▼Deductible waived

NEW! Three visits covered in full before the deductible on Gold and Silver plans for each of the following: PCP and behavioral health

NEW! Three EAP visits covered in full before the deductible

Up to 10 combined chiropractic manipulation and acupuncture visits per calendar year (OOPM doesn’t apply)

Access to Choice network specialists via referral from the medical home for in-network coverage

NEW! Three EAP visits covered in full before the deductible

Up to 10 combined chiropractic manipulation and acupuncture visits per calendar year (OOPM doesn’t apply)

Access to Choice network specialists via referral from the medical home for in-network coverage

NEW! Three visits covered in full before the deductible on Gold and Silver plans for each of the following: PCP and behavioral health

NEW! Three EAP visits covered in full before the deductible

Up to 10 combined chiropractic manipulation and acupuncture visits per calendar year (OOPM doesn’t apply)

Affordable member-selected medical home model care.

Medical home model provides patient-focused quality care that’s affordable.
More choices to help save

HSA Qualified plans

These lower-premium, high-deductible plans offer affordable coverage and the flexibility to choose any provider in the national Providence Signature network.

<table>
<thead>
<tr>
<th>Plan version</th>
<th>Individual deductible</th>
<th>Individual Out-of-pocket max.</th>
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<th>ER</th>
<th>Rx tiers</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In/Out</td>
<td>In/Out</td>
<td>Primary/Specialist</td>
<td>In/Out</td>
<td>T1</td>
<td>T2</td>
</tr>
<tr>
<td>1500 Gold</td>
<td>$1,500/ $3,000</td>
<td>$6,000/ $12,000</td>
<td>20%/20%</td>
<td>20%/30%</td>
<td>CIF</td>
<td>20%</td>
</tr>
<tr>
<td>2500 Silver</td>
<td>$2,500/ $5,000</td>
<td>$6,750/ $13,500</td>
<td>30%/30%</td>
<td>30%/30%</td>
<td>CIF</td>
<td>30%</td>
</tr>
<tr>
<td>3500 Silver</td>
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<td>$6,750/ $13,500</td>
<td>30%/30%</td>
<td>30%/30%</td>
<td>CIF</td>
<td>30%</td>
</tr>
<tr>
<td>4500 Silver</td>
<td>$4,500/ $9,000</td>
<td>$6,750/ $13,500</td>
<td>30%/30%</td>
<td>30%/30%</td>
<td>CIF</td>
<td>30%</td>
</tr>
<tr>
<td>5500 Bronze</td>
<td>$5,500/ $11,000</td>
<td>$7,000/ $14,000</td>
<td>50%/50%</td>
<td>50%/50%</td>
<td>CIF</td>
<td>50%</td>
</tr>
<tr>
<td>7000 Bronze</td>
<td>$7,000/ $14,000</td>
<td>$7,000/ $14,000</td>
<td>CIF/CIF</td>
<td>CIF/CIF</td>
<td>CIF</td>
<td>CIF</td>
</tr>
</tbody>
</table>

*50% up to $200  √ Deductible waived

NEW! HSA Qualified plans are certified for SHOP
A formulary that includes ACA preventive and safe harbor medications that are exempt from the deductible
Chiropractic manipulation and acupuncture visits (up to 10 visits per calendar year combined; deductible applies)
In-network preventive care services covered in full; deductible waived

Free health savings accounts with HealthEquity included for all HSA Qualified plan members.

Standard plans

These plans take advantage of the national Providence Signature network.

<table>
<thead>
<tr>
<th>Plan version</th>
<th>Individual deductible</th>
<th>Individual Out-of-pocket max.</th>
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<th>Coinsurance</th>
<th>ER</th>
<th>Rx tiers</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In/Out</td>
<td>In/Out</td>
<td>Primary/Specialist</td>
<td>In/Out</td>
<td>T1</td>
<td>T2</td>
</tr>
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<td>Gold</td>
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<td>20%</td>
<td>$20/$30/$40/$50/$60/$90/$100</td>
<td></td>
</tr>
<tr>
<td>Silver</td>
<td>$2,500/ $5,000</td>
<td>$8,550/ $17,100</td>
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<td>30%</td>
<td>$15/$15/$60/$50/$50/$50/$60/$90/$100</td>
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<tr>
<td>Bronze</td>
<td>$8,550/ $17,100</td>
<td>$8,550/ $17,100</td>
<td>CIF/CIF</td>
<td>CIF/CIF</td>
<td>CIF</td>
<td>CIF</td>
</tr>
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</table>

*50% up to $500  √ Deductible waived

Separate deductibles and out-of-pocket maximums, in and out of the network
Copays starting as low as $20 and deductibles as low as $1,500

Defined by the state of Oregon. Available from Providence.
Optional dental plans

Add a Providence dental plan for comprehensive coverage and access to more than 353,000 in-network provider listings nationwide. A dental plan must be paired with a PHP medical plan, and medical and dental enrollment must match.

<table>
<thead>
<tr>
<th>Coverage type</th>
<th>Providence Preventive</th>
<th>Providence Essential</th>
<th>Providence Essential Access</th>
<th>Providence Advantage Access</th>
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<tbody>
<tr>
<td>Network</td>
<td>Providence All other providers</td>
<td>Providence All other providers</td>
<td>Providence All other providers</td>
<td>Providence All other providers</td>
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<td>Deductible</td>
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<td>$50</td>
<td>$25</td>
</tr>
<tr>
<td>Annual maximum</td>
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<tr>
<td>Waiting period</td>
<td>None</td>
<td></td>
<td></td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Diagnostic and preventive services</th>
<th>CIF ✓</th>
<th>CIF ✓</th>
<th>10% ✓</th>
<th>CIF ✓</th>
<th>10% ✓</th>
<th>CIF ✓</th>
<th>CIF ✓</th>
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</thead>
<tbody>
<tr>
<td>Basic services</td>
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<td>20%</td>
<td>30%</td>
<td>20%</td>
<td>30%</td>
<td>20%</td>
<td>20%</td>
</tr>
<tr>
<td>Major services</td>
<td>N/A</td>
<td>50%</td>
<td>60%</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>Out-of-network*</td>
<td>MAC</td>
<td>MAC</td>
<td>UCR 90th percentile</td>
<td>UCR 90th percentile</td>
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<table>
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<tr>
<th>2020 rates</th>
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<tbody>
<tr>
<td>Subscriber only</td>
<td>$10.75</td>
<td>$31.35</td>
<td>$39.90</td>
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<tr>
<td>Subscriber and spouse</td>
<td>$21.20</td>
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<td>$79.80</td>
<td>$88.80</td>
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<td>Subscriber and children</td>
<td>$21.80</td>
<td>$59.80</td>
<td>$71.60</td>
<td>$79.65</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Subscriber, spouse and children</td>
<td>$32.25</td>
<td>$95</td>
<td>$113.75</td>
<td>$126.55</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Balance billing may apply for out-of-network services.

Multiple plan offering

Let your employees choose their True Health by offering two or three health plans with the defined contribution option.

**Advantages for the employer include:**

+ Wider choice of benefits
+ Maximizing dollars by choosing lower-priced options
+ Greater control over coverage to best meet their needs

**The plans you choose must meet a few guidelines:**

+ Groups with 1-4 enrolled subscribers can offer up to two plans
+ Groups with five or more enrolled subscribers can offer up to three plans
+ Employer contribution must be at least 50 percent of the employee-only rate for the lowest-cost plan

**Here’s an example:**

ABC Company has defined a benefit-eligible employee as someone who works 40-plus hours per week. This group has nine employees, six of whom are eligible for benefits, so the group may choose up to three plans.

**Plans chosen:**

+ Plan A = $560 monthly premium
+ Plan B = $330 monthly premium
+ Plan C = $220 monthly premium

Employer contribution: this amount is up to the employer, but it must be a minimum of $110 (50 percent of the lowest premium) in this example.

- Four dental plans to choose from
- Robust coverage in- and out-of-network
- No waiting periods
- Orthodontics/orthodontia are not available
Ongoing care needs?
Our Care Management team of Registered Nurses (RNs), Social Workers, Clinical Support Coordinators, and Technicians help members understand and manage long-term health needs — especially helpful for a cancer diagnosis, or chronic conditions like heart disease, asthma or diabetes.

Looking for a provider?
Easily find the right doctor, specialist, pharmacy, or care facility through our online directory.

New to Providence?
Our Northwest-based Providence customer service team will help you make the most of your plan — even before membership begins. Some of the things we can do are:

- Help find in-network providers and specialists
- Transfer prescription medication
- Seamlessly transition existing care

Convenient access to medication
We are always adding locations to our preferred retail network and negotiating volume pricing. Our aim is to improve convenience and access to the medications you need. This helps you save time and money when obtaining prescription drugs.

Preferred retail pharmacies
With a preferred pharmacy, you usually pay less when you fill a 30- to 90-day supply of medications. Nearly all our in-network pharmacies are preferred — including most major drug store chains.

Mail-order pharmacies
With many plans, mail-order allows you to purchase a 90-day supply of medications at the cost of a 60-day supply and have them delivered directly to your home.

For all your pharmacy needs, visit ProvidenceHealthPlan.com/pharmacy

Get the most from your plan

We’re with you every step of the way
myProvidence.com gives you the power to securely manage your health plan however and whenever you like.

- Find in-network providers
- Estimate treatment costs
- View claims and payment status
- Learn more about your benefits
- Get a replacement ID card
- Go paperless
- Take a personal health assessment

Sign up at myProvidence.com
Visit ProvidenceHealthPlan.com/members
Get the right care at the right time at the right place

**ProvRN Free**
Access to care 24/7
Speak with a registered nurse anytime, any day. An easy first step when you have symptoms and you want to know if you need face-to-face care.
- Always free, always there for you
- Connect with a nurse at 800-700-0481 or 503-574-6520

**ExpressCare Virtual Free**
Getting the care you need, when you need it
Talk with a provider from anywhere using your tablet, smartphone, or computer. This is a great option for prescriptions and treatment that doesn’t require hands-on care. Available nationwide.
- 8 a.m. – 8 p.m., PST daily
- Create your free account today at virtual.providence.org

**ExpressCare Clinics Free**
Same-day, in-person treatment
When you need to see someone and your regular care provider is not available. With many convenient locations (some in your local Walgreens), it’s easy to find a clinic near you.
- 7 days a week
- Create your free account today at providenceexpresscare.org

**Primary Care $**
Your primary healthcare partner
Primary care providers develop a relationship with you and know your health history. Visit them for check-ups, managing chronic conditions, and specialist referrals.
- By appointment
- Call your primary care provider

**Urgent Care $$$**
When you need help right away
Urgent care is where you turn when you know you need help and can’t wait for an appointment. This is best for minor injuries, cuts, burns, pains, and sprains.
- Hours vary by location
- Find your nearest Urgent Care at providenceexpresscare.org

**Emergency $$$$$**
When you think you may be in danger
Use emergency care for suspected heart attack, stroke, severe abdominal pain, poisoning, choking, loss of consciousness, and uncontrolled bleeding.
- Available 24/7
- Get a ride to the nearest hospital

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If you ever think your life or well-being could be in serious danger, call 911 immediately.

*ExpressCare Virtual and ExpressCare Clinic services are free with most plans. HSA plan members must first meet their plan deductible; then services are covered in full.*
More ways to reach True Health

Active&Fit Direct
Ready to kick-start a routine or looking to take it to the next level? Access 10,000 participating fitness centers and YMCAs nationwide through Active&Fit Direct for only $25 a month (plus a $25 enrollment fee and applicable taxes; 3-month commitment required).

Personal Health Coach
Thinking about a healthier lifestyle but don’t know where to start? Our Providence health coaches are here to support your journey to a healthier, happier life.

LifeBalance
Get discounts on the things you love to do from movies to travel to a night on the town. LifeBalance provides savings on more than 20,000 travel, cultural, recreational, and other fun activities.

ChooseHealthy
We want to give you every opportunity to achieve your health goals. Save big on fitness and wellness products, services, and memberships.

ID Protection
Get peace of mind with Assist America Identity Theft Protection’s fraud monitoring, warning, and resolution.

Emergency Travel Assistance
Get emergency medical help while traveling away from home, or even internationally, with Assist America Travel Assistance.

For information on these programs, visit ProvidenceHealthPlan.com/discounts
We all deserve True Health

When employees are healthy, they’re inspired to do great things for their companies, their communities, and the world at large. We believe healthcare is a human right — everyone has a right to affordable, quality healthcare. We’re dedicated to the health and care of every member of our community, no matter where they live or who they work for.

Because everyone’s well-being matters.

Ready to get started? One of our sales associates will be glad to help. Call 877-245-4077 to begin the process.

ProvidenceHealthPlan.com