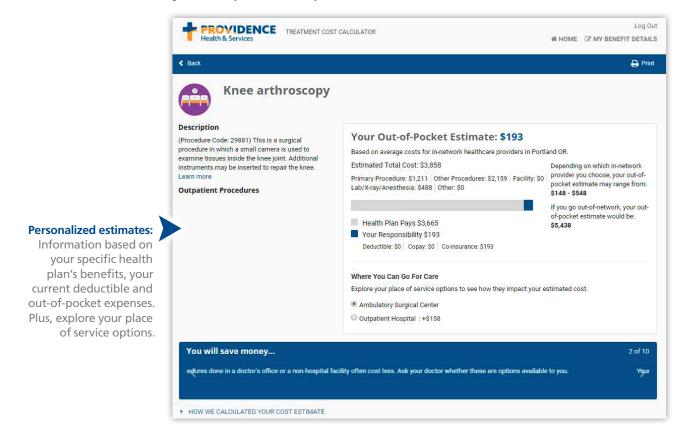


Did you know that prices vary widely for the same procedures and services among providers and medical facilities? Take control of your health care and make the most of your health care dollars. Save hundreds and even thousands of dollars with accurate costs and information on procedures and facilities close to home or work.

Sometimes providers suggest procedures, specialists, labs and other medical facilities without considering the cost differences between them. Before receiving care, use the Treatment Cost Calculator to learn about a facility or doctor and the estimated costs of your treatment, including possible exam and lab fees. You can also compare medical facilities to make sure you're getting the best care at the best price.

Learn what your range of costs would be for a procedure, and how your benefits apply. To get started, log into your myProvidence account from your computer, smartphone or tablet.

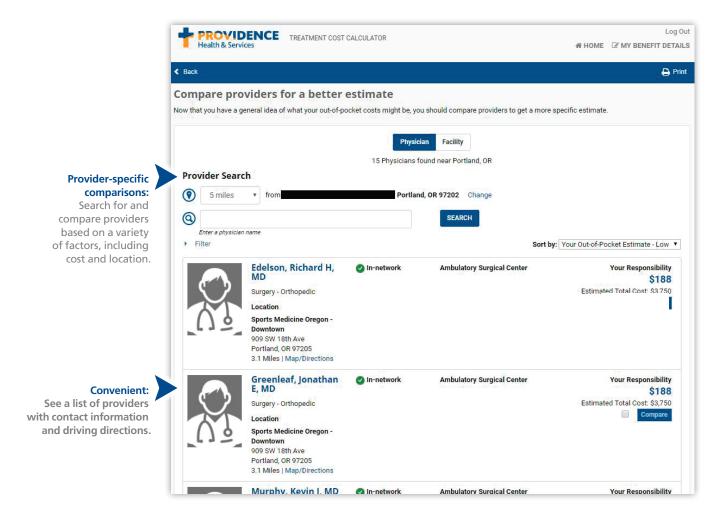




The costs you'll find on the Treatment Cost Calculator are customized to you and based on your Providence medical plan, the providers in your plan's network and how much you've accumulated toward your deductible and out-of-pocket maximum.

The Treatment Cost Calculator is easy to use. Clear step-by-step instructions help you:

- Determine costs, including out-of-pocket, and details associated with a procedure
- Find a medical facility or office close to home
- Learn how a procedure is performed and what you can expect during and after
- Make more informed decisions and save money



Questions? Contact Customer Service at 503-574-7500 or 800-878-4445 (TTY: 711) 8 a.m. to 5 p.m., Monday through Friday (Pacific time).