



# Extra Values and Discounts for Members

Save money while staying active and healthy with extra values and discount offers for Providence Health Plan members.

## LifeBalance Program

Sign up for LifeBalance and enjoy discounts on a variety of activities and lifestyle purchases including travel and more.

**888-754-5433** or visit

[ProvidenceHealthPlan.com/discounts](https://ProvidenceHealthPlan.com/discounts)

## Travel Assistance

Through our partner, Assist America, receive logistical support for emergency medical needs when traveling at least 100 miles or more from home.

[ProvidenceHealthPlan.com/discounts](https://ProvidenceHealthPlan.com/discounts)

## Health Education Classes

Sign up for free or discounted classes, including weight management, childbirth preparation, yoga, smoking cessation and more.

**503-574-6595** or visit [Providence.org/classes](https://Providence.org/classes)

## Vision Discounts

Enjoy discounts on vision exams, eyeglass frames, lenses, contact lenses and LASIK (laser vision correction).

[ProvidenceHealthPlan.com/discounts](https://ProvidenceHealthPlan.com/discounts)

## Active&Fit Direct™ Program

Choose from 9,000+ participating fitness centers nationwide for \$25 a month (plus a \$25 enrollment fee and applicable taxes).

[ProvidenceHealthPlan.com/discounts](https://ProvidenceHealthPlan.com/discounts)

## Identity Theft Protection

Assist America's ID theft protection offers tools and services to help prevent the theft of your personal information.

[ProvidenceHealthPlan.com/discounts](https://ProvidenceHealthPlan.com/discounts)

## ChooseHealthy® Program

Save on acupuncture, chiropractic care, therapeutic massage and dietitian services with discounted rates available from ChooseHealthy providers.

**877-335-2746** or visit [ChooseHealthy.com/providence](https://ChooseHealthy.com/providence)

## Providence Health Coaching

Whether you'd like to shed a few pounds, quit tobacco or just feel better every day, a Providence health coach can help.

**888-819-8999** or **503-574-6000** or visit [ProvidenceHealthPlan.com/healthcoach](https://ProvidenceHealthPlan.com/healthcoach)

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The programs and discounts listed above are in addition to Providence Health Plan member covered benefits. Members are responsible for the arrangement and payment of services directly to participating providers of the above-mentioned programs.

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