



## Extra Values and Discounts for Members

Get more value from your health care dollar. Exclusively for Providence Health Plan members, our extra values and discounts help you stay active and healthy, and help you save money.

### **ProvRN**

From flu and fever to motion sickness, use the ProvRN nurse advice line to answer your health-related questions, day or night, 365 days a year.

**503-574-6520 or 800-700-0481 TTY: 711**

### **LifeBalance Program**

Enjoy savings on health club memberships, fitness classes, massage therapy, weight loss programs, recreation, cultural and wellness events, family activities, movies, travel and more.

**888-754-5433**

**LifeBalanceProgram.com**

### **TruVision**

Save on contact lenses, which will be mailed to your home, and on LASIK (laser vision correction).

**877-315-2020**

**TruVision.com**

### **Visionworks**

Enjoy discounts on vision exams, eyeglass frames and lenses at Oregon and southwest Washington locations.

**800-669-1183**

**VisionWorks.com**

### **The Active&Fit Direct™ Program**

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

**ChooseHealthy.com/providence**

### **Health education classes**

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

**503-574-6595**

**Providence.org/classes**

### **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**

**ProvidenceHealthPlan.com/healthcoach**

### **The ChooseHealthy® Program**

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

**877-335-2746**

**ChooseHealthy.com/providence**

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. FitTogether™ is a registered trademark of Providence Health Plan.

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**fittogether™**

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