

# Live and learn

## Community classes

Providence Health Plans wants you and your family to be healthy and to have the latest health-related information at your fingertips. Health plan members who live outside the Portland area can get reimbursed for certain types of health-related classes.

### To qualify ...

Follow a few simple steps. You must:

- Be a Providence Health Plans member when you register for a class.
- Attend classes through Providence-contracted facilities. (Go to **[www.providence.org/php/classreimbursement](http://www.providence.org/php/classreimbursement)** for a listing, or call Providence Resource Line at 800-562-8964.)
- Pay for the class yourself and then get reimbursed.

### Your path to better health

We reimburse for a range of eligible classes, including those that focus on:

- Weight management.
- Childbirth education.
- Smoking cessation.

For more information, visit

**[www.providence.org/php/healthbalance](http://www.providence.org/php/healthbalance)**.

