

# Save money now

## Use your health benefits wisely

As a Providence Health Plan member, you're entitled to great health benefits. Here's how to get the most value from them:

### **Prescription drugs**

The No. 1 way to save money is to use generic prescription drugs when possible. They are less expensive and are just as effective as their brand-name counterparts.

### **Emergency and urgent care services**

Instead of going to the emergency room, consider going to an urgent or immediate care clinic. Call your doctor or Providence RN at 503-574-6520 or 800-700-0481 if you have questions about the type of care you need.

### **Preventive screenings**

Stay current on wellness checkups, screenings and vaccinations. Preventive care keeps you healthy – and saves you money.

### **Discounts on services**

As a Providence Health Plan member, you're entitled to discounts on many wellness and recreational programs.

Learn more on the  
**Health Balance<sup>sm</sup>** pages  
of our Web site



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