

Health Balancesm

Your wellness partner with Providence Health Plan

At Providence Health Plan, our No. 1 goal is to help you stay healthy. Health Balancesm is a personalized health and wellness program available exclusively to our health plan members. The program includes:

Personal health record

This electronic, confidential health record gathers and stores your information about doctor visits, prescriptions and health screenings so that everything is in one convenient location.

Lifestyle centers

These Web-based centers provide inspirational, practical advice on a range of health and wellness topics.

Condition centers

Need information about specific health conditions? This online tool provides help for more than 50 health problems.

HealthQuotient

This personalized health assessment and action plan will help you achieve your customized health goals.

To access Providence Health Balance, go to www.providence.org/php/healthbalance.



EDU-013

www.providence.org/healthplans

Health Balancesm

Your wellness partner with Providence Health Plan

At Providence Health Plan, our No. 1 goal is to help you stay healthy. Health Balancesm is a personalized health and wellness program available exclusively to our health plan members. The program includes:

Personal health record

This electronic, confidential health record gathers and stores your information about doctor visits, prescriptions and health screenings so that everything is in one convenient location.

Lifestyle centers

These Web-based centers provide inspirational, practical advice on a range of health and wellness topics.

Condition centers

Need information about specific health conditions? This online tool provides help for more than 50 health problems.

HealthQuotient

This personalized health assessment and action plan will help you achieve your customized health goals.

To access Providence Health Balance, go to www.providence.org/php/healthbalance.



EDU-013

www.providence.org/healthplans