

LifeBalance benefits

For fun and wellness

At Providence Health Plans, we believe you should have a balanced life that's healthy and enjoyable. That's why we provide the LifeBalance program for our members.

What is it?

LifeBalance partners with businesses (including Providence Health Plans) to offer discounts on recreational, cultural and wellness activities.

What types of activities?

Find LifeBalance discounts for activities and services in more than 70 categories, including:

- Health/fitness clubs.
- Movies.
- Retail stores.
- Performing arts.
- Sporting events.
- Museums.
- Sports equipment.
- Weight management.
- Cooking classes.
- Massage therapy.
- And much more.

What else?

LifeBalance also offers a directory of health-related businesses and classes, as well as daily fitness tips and healthy recipes. You also can get customized wellness tools to help you reach your individual goals.

To learn more, visit
www.lifebalanceprogram.com.



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