



 **PROVIDENCE**  
Health Plans

Keep your health

in balance!

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[www.myprovidence.org](http://www.myprovidence.org)

Want to stay healthy...  
but need help getting there?

- Know your numbers. ■ Find reliable information.
- Know your risks. ■ Get help if you need it.

Many serious health conditions can be minimized or prevented if they are detected early. Are you at risk? Take the Providence Health Balance<sup>sm</sup> Health Risk Assessment and get a free, customized health action plan. It's easy, only takes 15 minutes to complete and is completely confidential – we will never see your individual health information.

**Participation is free, voluntary  
and strictly confidential**

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