

Mental Health and Well-being Resources

We live in a fast-paced world, where change comes rapidly. We're committed to helping you navigate through challenging life moments.

Behavioral Health Support

In difficult times when you need support, access our well-being resources and services to help you take steps toward feeling healthier and more in control of your career, finances and well-being. You can also meet with a psychiatrist or therapist online through private and secure video-conferencing. Find an in-network provider at phppd.providence.org.

Health Coaching

Work one-on-one, telephonically or via secure messaging, with a professional, certified coach on your health and well-being goals. Our Providence coaches are here to support your journey to a healthier, happier life. Get started at providencehealthplan.com/healthcoach.

myProvidence

myProvidence.com is your secure, total health management website. With a myProvidence account, you can securely manage and access your health plan however and whenever you like. Sign up for an account at myProvidence.com.

Customer Service

Our Northwest-based Providence customer service will help you make the most of your plan and answer any questions you have regarding your benefits. Customer service is available 8 a.m. to 5 p.m. (Pacific Time) Monday through Friday. Call [503-574-7500](tel:503-574-7500) or [1-800-878-4445](tel:1-800-878-4445), [TTY: 711](tel:711).

