



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

Live and Work Well offers self-help services, interactive tools and action-oriented advice to help members take steps toward feeling healthier and more in control of their career, finances and well-being. [Read more.](#)

Telemental health visits

Meet with a psychiatrist or therapist online through private and secure video-conferencing. [Read more.](#)

Health coaching

Work one-on-one, telephonically or via secure messaging, with a professional, certified coach on your health and well-being goals. 92 percent of health coaching participants made at least one improvement to their health. [Read more.](#)

myProvidence

myProvidence.com is your secure, total health management website. With a myProvidence account, you can access all your plan information in one place. [Read more.](#)

Customer Service

Contact Customer Service for questions regarding your health plan benefits: [503-574-7500](#) or [1-800-878-4445](#), TTY: 711, Monday through Friday, 8 a.m. to 5 p.m. (Pacific Time).

