



ProvRN

Talk with a registered nurse

Call ProvRN anytime – 24 hours a day, seven days a week. It's available to Providence Health Plan members at no cost.

When you need trusted health information fast, call ProvRN. ProvRN registered nurses are there for you anytime, to answer your questions. And best of all, there's no cost to you.

They can help answer your health questions about:

- + Symptoms you or your child are experiencing
- + Deciding between Express Care Virtual, urgent care, the emergency room or waiting to go to your primary care provider. *For medical emergencies, call 911.*
- + Recommendations for over-the-counter and home treatment options



Call **800-700-0481** or
503-574-6520 (TTY: 711)

