



Member Extra Values and Discounts

Get more value from your health care dollar. Exclusively for Providence Health Plan members, our extra values and discounts help you stay active and healthy, and help you save money.

ProvRN

From flu and fever to motion sickness, use the ProvRN nurse advice line to answer your health-related questions, day or night, 365 days a year.

503-574-6520 or 800-700-0481 TTY: 711

LifeBalance Program

Enjoy savings on health club memberships, fitness classes, massage therapy, weight loss programs, recreation, cultural and wellness events, family activities, movies, travel and more.

888-754-5433

www.LifeBalanceProgram.com

TruVision

Save on contact lenses, which will be mailed to your home, and on LASIK (laser vision correction).

877-315-2020

www.truvision.com

Visionworks

Enjoy discounts on vision exams, eyeglass frames and lenses at Oregon and southwest Washington locations.

800-669-1183

www.visionworkseyewear.com

ChooseHealthy™

Save on acupuncture, chiropractic care, massage therapy and dietitian services with discounted rates available from ChooseHealthy providers.

877-335-2746

www.choosehealthy.com

Health education classes

Sign up for free or discounted classes, including weight management, childbirth preparation, yoga, smoking cessation and more.

503-574-6595

www.providence.org/classes

Providence Health Coaching

Whether you'd like to shed a few pounds, quit tobacco or just feel better every day, a Providence health coach can help.

888-819-8999 or 503-574-6000

www.ProvidenceHealthPlan.com/healthcoach

TruHearing

Get discounted hearing aids.

877-253-4040

www.truhearing.com

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