

Hello valued SD-1 Trust member!

Welcome to Providence. We're honored to serve you and want to make sure you know about the programs and services that are available to you as a Providence Health Plan member.

Included in this mailing is your **2023 Member Resource Guide**. This guide is a high-level summary of your benefits that will help you get the most from your healthcare. We've also added a **Behavioral Health Resources Flyer** and a **Care Management Brochure**, which provide additional information about what's available to you and how to access these services. Take a look and let us know if you have any questions.

Your partner in health,
Providence Health Plan

You'll find details on many options to fit your needs, such as:



myProvidence – Member Resource Guide, page 2
Access your health plan information, tools and resources



Health Coaching – Member Resource Guide, page 10
Team up with a health coach for extra motivation towards a healthier you



Behavioral Health Resources Flyer
Use our network, consultation service, or virtual therapy options



Care Management Brochure
Care managers can help with things like finding services that fit your needs

Questions?

Call our Customer Service team at **800-878-4445 (TTY:711)**, Monday through Friday, 8 a.m. to 5.p.m. (Pacific Time)

We proudly serve you in partnership with the School District No. 1 Health & Welfare Trust