






Behavioral Health Suite of Services

Providence members have more choice in how they want and need to access services and care.

Behavioral Health isn't a one-size-fits-all solution. Each person is unique, so we work to offer a mix of services and solutions. Here is a quick look at our suite of offerings:

 <p>Resources for Improved Well-Being</p>	<p>Resources to Relax & Recharge</p> <ul style="list-style-type: none"> Savings on massage therapy, yoga, meditation, and more LifeBalance: ProvidenceHealthPlan.com/LifeBalance 	
 <p>Self-Management and Mindfulness Tools</p>	<p>Stress Management Health Coaching</p> <ul style="list-style-type: none"> ProvidenceHealthPlan.com/HealthCoaching One-on-one health coaching sessions Personalized goal setting with manageable steps A program designed to empower members to achieve their health goals 	<p>Learn to Live</p> <ul style="list-style-type: none"> LearnToLive.com/Welcome/ProvidenceHealthPlan Self-directed virtual therapy to manage mental well-being One-on-one coaching, mindfulness exercises, and live and on-demand webinars Available at any time within the app¹
 <p>Telehealth/Virtual</p>	<p>Behavioral Health Concierge</p> <ul style="list-style-type: none"> Providence.org/BHC Quick access to direct care with Providence providers Extended hours 7 a.m. - 8 p.m., seven days week Help with life stressors, mental health, and addiction issues <p>Equip</p> <ul style="list-style-type: none"> Virtual, eating disorder treatment Kids and young adults ages 6-24 Family-Based Treatment (FBT) matched with a multi-disciplinary team 	<p>Talkspace</p> <ul style="list-style-type: none"> Talkspace.com/ProvidenceHealthPlan Telehealth provider of virtual psychotherapy for teens (13+) and adults Be matched to a provider within 48 hours Connect through text, call, or live video² Access to therapy, psychiatry,³ or both <p>Charlie Health</p> <ul style="list-style-type: none"> Virtual Intensive Outpatient Program (vIOP) Teens and young adults ages 11-30 Personalized treatment plans, including group and family / individual therapy
 <p>Broad Clinical Support</p>	<p>Behavioral Health Network</p> <ul style="list-style-type: none"> Local and nationwide access In-person and virtual services Age-specific care (kids, teens, adults) Access to specialty behavioral health network 	<p>Provider Directory</p> <ul style="list-style-type: none"> ProvidenceHealthPlan.com/FindAProvider Go to the Provider Directory and search using your Member ID Select "Find a care provider" Select "Mental Health/Substance Use Disorder"
 <p>Crisis Care</p>	<p>24/7 Crisis Line (HUB)</p> <ul style="list-style-type: none"> Immediate access 24/7 Team trained in crisis triage care Real time referrals <p>Urgent Care</p> <ul style="list-style-type: none"> Inpatient and residential care Partial hospital care <p>Call Providence Customer Service at 503-574-7500 or 800-878-4445 and they will help connect you directly to our clinical department</p>	

Learn more at ProvidenceHealthPlan.com/BehavioralHealth or call Providence Customer Service at [800-878-4445](tel:800-878-4445)

¹ Access code required and varies depending on plan type. Call Customer Services to get your code.

² Access to Talkspace varies depending on plan type. Call Customer Services to see if your benefits include access to this network.

³ Psychiatrists have the ability to prescribe medication.