

P.O. Box 4327

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Member Newsletter
Providence Health Plan

Health For All

We are committed to working alongside the communities we serve, learning about unique healthcare challenges, and creating tangible solutions to make healthcare more equitable and accessible.

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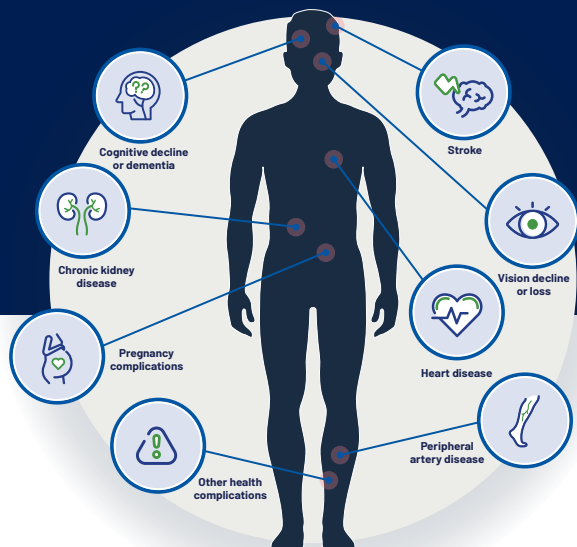
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Spring into Heart Health

Discover tips, upcoming events,
and member portal upgrades



Did you know high blood pressure can affect the body in many ways?



65k

deaths due to high blood pressure in the United States in 2022

Source: CDC.gov

48%

of adults in the United States have high blood pressure

1 in 5

adults are unaware that they have high blood pressure

It's important to know your blood pressure so you can properly manage it.

Schedule regular check-ups with your doctor to monitor blood pressure, cholesterol levels, and other heart health indicators.

Need a doctor? Find one at
[ProvidenceHealthPlan.com/FindAProvider](https://www.providencehealthplan.com/FindAProvider)

Register for the 2025 Heart & Stroke Walk

Join us for the 2025 Oregon & SW Washington Heart & Stroke Walk. This fun, family-friendly event celebrates heart health and supports the American Heart Association. Together, we'll:

- Honor survivors and remember loved ones
- Enjoy music and activities
- Learn CPR

Scan the QR code to attend an upcoming walk near you.



Enjoy new enhancements to your myProvidence member portal

Digital ID Card

Accessing your digital ID card is as easy as 1, 2, 3. You can now view all eligible members' ID cards in one place, making appointments and check-ins much easier.

On May 1, we are introducing a new Treatment Cost Calculator – MyMedicalShopper™

This tool works with your health plan to give you accurate estimates for medical procedures, treatments, and care. You can compare prices from different providers and see your costs clearly, helping you plan better.

To get started, log into [myProvidence.com](https://myprovidence.com), go to "My Tools," and select "Estimate Costs" from the dropdown menu.

Questions? Call the myProvidence help desk at
503-216-6463 or **877-569-7768**, Monday – Friday,
8 a.m. to 5 p.m. (Pacific Time).