

Resource Guide

For Washington County Chamber Members



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Your Health Plan Resources

As a Washington County Chamber of Commerce member, you have access to a range of health plan tools, care options, and added benefits designed to support your well-being. This one-page guide highlights key resources, member perks, and where to go for support—so you can easily understand what's available and how to use it.



myProvidence

Member Portal

- Access plan documents, claims, ID cards, and benefit details
- Track deductibles and out-of-pocket maximums
- Estimate medical and pharmacy costs
- View pharmacy information and covered medications



Pharmacy Resources

Prescription Savings

- Preferred retail and mail-order pharmacy savings
- Coverage for brand, generic, and specialty medications
- Programs designed to help lower out-of-pocket costs



Behavioral Health Support

Mental Well-Being

- Virtual therapy and psychiatry options
- Behavioral health navigation and support
- Crisis and urgent behavioral health resources
- Access to a broad clinical network



Perks & Extra Benefits

Added Value

- Fitness, wellness, and lifestyle discounts
- Travel assistance and ID protection
- Alternative care options such as chiropractic and acupuncture
- Programs that support whole-person well-being



For any questions, please contact:

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OneDigital works alongside the Washington County Chamber of Commerce to help members navigate health plan resources and make the most of their available benefits.

A Guide to Choosing the Right Care

ProvRN Speak with a Registered Nurse who can help answer questions and direct you to the right care.	ExpressCare Virtual Connect with a provider from anywhere-via tablet, smartphone, or computer.	ExpressCare Clinics Try an ExpressCare Clinic for quick, convenient care when your regular provider isn't available.	Primary Care Provider Your Primary Care Provider knows your medical history, so start with them for in-office care or specialist referrals.	Urgent Care If your condition isn't life threatening but you can't wait for an appointment, visit Urgent Care. It's typically faster and cheaper than the ER.	Emergency Care If you need care immediately for something life-threatening, call 911 or go to your nearest ER.
Least Urgent			Most Urgent		
\$0	\$0	\$0	\$	\$\$	\$\$\$\$
<ul style="list-style-type: none"> • General questions • Health concerns 	<ul style="list-style-type: none"> • Prescriptions • Non-urgent needs (cold, rash, pink eye, etc.) 	<ul style="list-style-type: none"> • Prescription • Colds • Stomach aches • Basic tests (not x-rays, MRIs, etc.) 	<ul style="list-style-type: none"> • Colds • Screenings • Chronic conditions • UTIs • Sprains • Heart trouble 	<ul style="list-style-type: none"> • Minor injuries • Cuts • Burns • Sprains Imaging and X-rays 	Conditions that require immediate care like: <ul style="list-style-type: none"> • Head trauma • Constant bleeding • Suspected heart attack
<ul style="list-style-type: none"> • Available 24/7 	<ul style="list-style-type: none"> • Visit Virtual.Providence.org • Available daily, 8am – 8pm PST 	<ul style="list-style-type: none"> • Visit ProvidenceExpressCare.org • Available 7 days a week 	<ul style="list-style-type: none"> • Call your provider • Available by appointment 	<ul style="list-style-type: none"> • Find your nearest Urgent Care at ProvidenceHealthPlan.com/FindAPrimaryCareProvider • Hour vary by location 	<ul style="list-style-type: none"> • Go to your nearest hospital • Available 24/7

Premier Premium Plans (Signature + OHSU Network | In-Network)

Plan Design	10/10/50/250	10/10/50/500	25/20/50/1000	25/30/50/1500
Deductible (Ind / Fam)	\$250 / \$500	\$500 / \$1,000	\$1,000 / \$2,000	\$1,500 / \$3,000
OOP Max (Ind / Fam)	\$3,500 / \$7,000	\$3,500 / \$7,000	\$6,000 / \$12,000	\$6,000 / \$12,000
Preventive Services	Covered in full ✓	Covered in full ✓	Covered in full ✓	Covered in full ✓
Primary Care Visit	\$10 ✓	\$10 ✓	\$25 ✓	\$25 ✓
Chiropractic (20 visits)	\$10 ✓	\$10 ✓	\$25 ✓	\$25 ✓
Acupuncture (12 visits)	\$10 ✓	\$10 ✓	\$25 ✓	\$25 ✓
Virtual Care (PCP & MH)	Covered in full ✓	Covered in full ✓	Covered in full ✓	Covered in full ✓
Specialty & Urgent Care	\$25 ✓	\$25 ✓	\$50 ✓	\$50 ✓
Physical Therapy	10% ✓	10% ✓	20% ✓	30% ✓
Lab / X-ray	10% ✓	10% ✓	20% ✓	30% ✓
Accident Benefit	0% of first \$1,000 (within 90 days) ✓	Same ✓	Same ✓	Same ✓
Emergency Services	\$250 + 10% ✓	\$250 + 10% ✓	\$250 + 20% ✓	\$250 + 30% ✓
Hospital (IP + Adv. Imaging)	10%	10%	20%	30%

Plan Design	25/30/50/2000	35/30/50/3000	35/30/50/4000	35/30/50/5000
Deductible (Ind / Fam)	\$2,000 / \$4,000	\$3,000 / \$6,000	\$4,000 / \$8,000	\$5,000 / \$10,000
OOP Max (Ind / Fam)	\$7,500 / \$15,000	\$8,000 / \$16,000	\$8,500 / \$17,000	\$8,500 / \$17,000
Preventive Services	Covered in full ✓	Covered in full ✓	Covered in full ✓	Covered in full ✓
Primary Care Visit	\$25 ✓	\$35 ✓	\$35 ✓	\$35 ✓
Chiropractic (20 visits)	\$25 ✓	\$35 ✓	\$35 ✓	\$35 ✓
Acupuncture (12 visits)	\$25 ✓	\$35 ✓	\$35 ✓	\$35 ✓
Virtual Care (PCP & MH)	Covered in full ✓	Covered in full ✓	Covered in full ✓	Covered in full ✓
Specialty & Urgent Care	\$50 ✓	\$60 ✓	\$60 ✓	\$60 ✓
Physical Therapy	30% ✓	30% ✓	30% ✓	30% ✓
Lab / X-ray	30% ✓	30% ✓	30% ✓	30% ✓
Accident Benefit	0% of first \$1,000 (within 90 days) ✓	Same ✓	Same ✓	Same ✓
Emergency Services	\$250 + 30% ✓	\$250 + 30% ✓	\$250 + 30% ✓	\$250 + 30% ✓
Hospital (IP + Adv. Imaging)	30%	30%	30%	30%

*The deductible does not apply to services marked with a ✓. Additional cost shares apply when using out-of-network providers. Premiums vary based on underwriting.