



Feb. 15, 2010

Dear Providence OEGB Member,

As a reminder, effective Oct. 1, 2009 Providence Health Plan has partnered with American Specialty Health Networks to be the sole provider of alternative care services to OEGB members. This partnership ensures you receive access to high-quality providers.

What is ASH Networks?

ASH Networks is a nationwide alternative care network providing services such as chiropractic care, naturopath and acupuncture, focused on keeping you active and healthy. You are among more than 15.6 million members across the country who are covered by an ASH Networks provider.

How do you find an ASH Networks provider near you?

If you need help finding an ASH Networks provider, you can call Providence Health Plan Customer Service, or view the ASH Networks online provider directory. Since your plan does not include an out-of-network benefit, it is important you find an ASH Networks provider you feel comfortable with.

You can nominate your provider.

If your provider is not already part of ASH Networks, you are encouraged to nominate your provider for in-network services through ASH Networks. You can do so by contacting Providence Health Plan Customer Service or through the ASH Networks Web site. ASH Networks will then contact your provider to discuss adding them to ASH Networks.

We apologize for any inconvenience this change may cause. If you have any questions, need help finding a provider, or would like to nominate your provider, please contact Providence Health Plan or ASH Networks.

Contact information

Providence Health Plan Customer Service
800-878-4445
Monday through Friday, 8 a.m. to 5 p.m.
www.ProvidenceHealthPlan.com

ASH Networks Member Services
800-678-9133
Monday through Friday, 5 a.m. to 6 p.m.
www.ashcompanies.com

Thank you,

A handwritten signature in black ink that reads "Alison Schrupp".

Alison Schrupp
Chief Operations Officer
Providence Health Plan