

Medical & Wellness Benefits

At Valleywise Health, your well-being is more than a benefit — it's a priority. We offer a range of holistic wellness programs designed to support your physical, emotional, and mental health every day.

Affordable healthcare plan options

Three medical plans options (including a Health Saving Account with a generous Valleywise contribution), dental and vision benefits to choose from.

Patient Assistance Center

Our Patient Assistance Center offers centralized support navigating the Valleywise network for medical appointments, referrals and insurance related questions.

Free confidential counseling

Mental health support through our Employee Assistance Program, including marriage counseling.

Maternity management program

Offers personalized support and resources to help expectant mothers have a healthy pregnancy and a smooth transition back to work.

Wellness rewards

We reward your healthy habits with a significant savings in medical contribution savings for earning an award.

Free onsite fitness center

Taking care of you is our priority. Our onsite fitness center is open 24/7 to help you achieve Your fitness goals.

Access to telehealth

Your health, your way, for less. Our goal is to make care more accessible with convenient telehealth services.

And there's more – because you deserve more!

- Tobacco free workplace and smoking cessation support.
- Chaplain service are available to support your spiritual health.
- Access to on-site pharmacies with discounts on a variety of over-the-counter medication.
- Onsite mothers and wellness rooms provide a quiet and secure environment for relaxation, breastfeeding, and self-care during the workday.
- Healthy eating options at many of our facilities.