



ONLINE RESOURCES

REGENCE.COM

Get everything you need to know about your plan

[Looking for a claim or a doctor?](#)

[Want to compare treatment costs?](#)

[Visit \[regence.com\]\(http://regence.com\) for all that and more.](#)

Your complete source of health and wellness information

You can find everything you need to know about your health plan and ways to take care of yourself all in one place: regence.com.

Consider health care decisions and explore treatment options to help you plan your budget:

- Compare cost and quality of hospitals, clinics and providers.
- Research treatment options and out-of-pocket cost estimates.
- Learn about medical conditions and medications.
- Explore health articles and videos.

Discover tools that help you track your coverage and make informed decisions about your health care:

- Review details about your coverage.
- Manage your claims online and eliminate paper Explanation of Benefits.
- Find a doctor or specialist and read patient reviews.

Healthy living has its own rewards, but Regence Rewards points can help:

- Earn points for completing a General Health Assessment.
- Receive points for healthy everyday activities—such as eating fruits and veggies and walking the dog, or joining an online wellness program.
- Redeem points for a \$25 gift card.





To get started, just follow these steps:

1. Go to regence.com and click *Register*.
2. Complete the required *Plan Information* fields. The name, member ID and group numbers you enter must match your member card.
3. Complete the *Account Information* fields.
4. Create a user name and secure password.
5. Review your information, accept the User Agreement and click *Approve*.

You're automatically enrolled for Rewards after you register. You get Rewards points for the following:

- **Taking a confidential General Health Assessment.** Learn how you've been managing your health to date, and get practical tips on how to improve your health and well-being.
- **Managing stress and getting into shape.** Reach for a healthy lifestyle with wellness programs on weight loss, nutrition, stress relief, smoking cessation and more.

What are you waiting for? Register now at regence.com!

WELL TIP ▷ *Anyone in your family age 13 and older can register for an account and qualify for the Rewards program.*

