

Access to your health information—wherever you are

Access your most vital health information wherever you go. There's no app to download or special gadget needed. Just visit myRegence.com on any Internet-enabled mobile device, and you've got the power of mobile health care at your fingertips.



Review your claims

Check the status for both medical and pharmacy claims in a flash. Just log in to see if a claim has been paid. You can even see how much money you've saved with the Regence in-network negotiated rates.

View your benefits

See your benefit status when you're on the go. Verify coverage for specific services and check to see if you've met your deductible. Our easy-to-understand accumulators make it simple to manage your health—even when you're away from the computer.

Talk to a nurse

Many members can also access the Nurse Advice Line, which is available any time, 24 hours a day, seven days a week. If you have a question about a health condition or you're not sure about what kind of care you need, a call to a registered nurse can give you peace of mind.

Find a doctor

Find doctors, clinics and hospitals near you, and check to see if they are part of your network. Map out search results. See how Regence members rate their doctors. Using the mobile-optimized site, you have access to the same information found on our award-winning Provider Search.

Get urgent care

Need care now? If you have an urgent health issue that doesn't require a trip to the emergency room, save time and money by finding the nearest ER alternative. Search Urgent Care, After-Hours Clinics and Retail Clinics, too.

