

Imagine a place where you can find answers and support for all of your health needs. myRegence.com, powered by the Regence Engine®, is your complete source of health and wellness information. And it's simple to understand. So whether you want to get started on an exercise program, need tips on eating healthier, or just want to know if we've paid your claim—Register now.

## Advise

Consider health care decisions, explore treatment options and plan ahead for financial needs.

- **Compare** hospital cost and quality.
- **Research** care options with the medical library.
- **Learn** about medications and cost-saving generics.
- **Explore** original multimedia content on topical health issues.



## Navigate

Discover help to navigate the health care system with improved transparency and tools to make informed health care decisions.

- **Review** claims and details about your coverage.
- **Find** a doctor or specialist and read member reviews.
- **Create** a secure, confidential personal health record.
- **Join** message boards on important health topics at My Community.



## Reward

Healthy living has its own rewards, but Regence Rewards points can help. You can earn points at myRegence.com.

- **Earn** points for browsing our health news, podcasts and videos.
- **Receive** points for healthy activities or joining a wellness program.
- **Redeem** points for gift certificates to hundreds of popular stores, theaters, restaurants, and more.

## myRegence.com

Want more value for your health care dollars? Log on to myRegence.com and discover online resources and interactive experiences focused on your health. It's easy to join and you'll earn 5,000 points with Regence Rewards just for registering.

### Become an informed health care consumer.

Log on today and earn 5,000 points.

Simply use the information on your member card and follow these steps.

1. Go to myRegence.com.
2. Click *New Member Registration*.
3. Complete the *My Member Account Information* fields. The name, member and group numbers you enter must match your member card.
4. Complete the *My Member Access Information* fields. User names must be at least 8 characters long and passwords must be at least 6 characters long.

### Take a confidential General Health Assessment. Earn 5,000 points.

Learn how you've been managing your health to date, and get practical tips on how to improve your health and well-being.

### Manage stress and get into shape. Earn 4,500 points at completion.

Reach for a healthy lifestyle with wellness programs on Weight Loss, Healthier Diet, Stress Relief, Healthy Aging, going Smoke-Free and more.

### Keep your health history at your fingertips. Earn 2,500 points.

Create a secure, confidential record of your medical history with the Personal Health Record tool. Input information about procedures, prescriptions, emergency contacts and more.

### Meet other members in My Community. Earn up to 1,000 points.

Join the conversation and earn points for posting in My Community—an open forum where members are talking with each other and with experts on topics ranging from weight loss and workout routines, to parenting and smoking cessation.

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



myRegence.com

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