It’s never too late to start!
myRegence.com:
It’s never too late to start!

Haven’t had a chance to check out all the resources available to you on myRegence.com? It’s never too late to start. Learn how you can live your life to the fullest and be as healthy as you can be. myRegence.com, powered by the Regence Engine, can help advise, navigate and reward you as you better understand and take charge of your health.

It’s easy, and you’ll earn 1000 points with Regence Rewards just for doing it. Have your ID card handy and follow these steps—

1. Go to myRegence.com
2. Click “New Member Registration”
3. Read and agree to the terms of use
4. Complete the required “Member Account Information” fields (the name, ID and group numbers you enter must match your ID card)
5. Complete required “Member Access Information” fields (user names must be at least 8 characters long and passwords must be at least 6 characters long)
6. Select “Register and Login”

Congratulations for taking these important steps in taking charge of your health. Be sure to continue to visit myRegence.com often for updates to health news, local events, special programs and more.
myRegence.com:
Keep up on the latest health news

Are you living your life to the fullest? Are you as healthy as you can be? myRegence.com, powered by the Regence Engine, can help advise, navigate and reward you as you better understand and take charge of your health.

You can find original health-related news, features and multimedia content on myRegence.com. Each month focuses on a different topic, ranging from women’s health, men’s health and parenting to aging, diet, nutrition, fitness and more. You can read articles, listen to podcasts and watch videos to stay informed.

And don’t forget, you can earn Rewards points just for keeping up with the latest health-related news. Earn 100 points for each article you read.

It’s simple to stay informed—

1. Go to myRegence.com
2. Log in with your personal username and password
3. Access articles in one of three ways:
   – On the homepage, click on any of the scrolling images in the My Advisor section to go the accompanying story
   – On the homepage, click on any of the links in the My Advisor section
   – Click on “News” under My Advisor and select an article
4. Keep your favorite articles for future reference by clicking on “Save to My Favorites” at the bottom of every article page - you can view these again by clicking on “My Saved Articles” in the left-hand navigation bar within the “News” section
5. Search for any article by topic - click on “Article Library” in the left-hand navigation bar within the “News” section; select a topic on the scroll menu and click on “Find”

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*500 points maximum per month awarded for reading a news article.*
myRegence.com: Explore your health care options

There is a lot of health related information out there on the Internet. Wouldn’t it be great to know you can start your research at one place and find the trustworthy, helpful information that you need?

On myRegence.com, you can access valuable resources such as the Health Encyclopedia and Care Options to research health information and better understand options in making your health care decisions. With easy-to-understand text, colorful photos and even interactive flash demos, the Health Encyclopedia, provided by ADAM, makes your health education manageable and less overwhelming. Care Options takes it a step further and provides additional tools to understand what care options are available to you with a hospital comparison tool and resources such as questions to ask your doctor or Regence.

It’s simple to access these resources and you can earn Rewards points just for furthering your knowledge—

1. Go to myRegence.com
2. Log in with your personal username and password
3. Click on “Health & Rx Guide” in My Advisor. From here you can either:
   – Click on a number of different links in the left hand corner such as the Health Encyclopedia, Surgeries and Procedures, Pregnancy Health Center, Animation Player and more
   – Or you can conduct a quick search on the Health & Rx Guide page and click on “Search Now” for relevant results
4. Click on “Care Options” in My Advisor. From here you can either:
   – Select a health topic or utilize the “Find and Compare Hospitals” tool or click on other resources such as “Questions to Ask Your Doctor” or “Questions to Ask Your Insurance Company”
   – Or you can conduct a search on a particular topic for a decision guide that will walk you through and utilize all the listed tools

Congratulations for taking these important steps in taking charge of your health. Be sure to continue to visit myRegence.com often for updates to health news, local events, special programs, community discussions and more.

*500 points maximum per month awarded for using Care Options and 500 points maximum per month awarded for using Health & RX Guides.
myRegence.com:
Learn how to be a health care consumer

We are all probably pretty conscious consumers in the retail market. We evaluate our purchasing options, research costs and most importantly try to understand what we spend our hard earned money on. This is the same type of thinking we should consider applying towards our health care so we can become better health care consumers.

First of all, we need to understand costs. With the Health Costs Estimator tool on myRegence.com, you can easily get an estimate of your annual health care costs and understand what is covered by your benefits and what is out-of-pocket.

It’s simple to use and easy to understand. Plus you can earn Rewards points* just for taking the steps to becoming a more well-informed health care consumer—

1. Go to myRegence.com
2. Log in with your personal username and password
3. Click on “Health Costs Estimator” in My Advisor
4. Indicate the number of adults and number of dependants in your family and click on “Start Now!”
5. Each tab has a list of health related services; indicate how many times you estimate you will need those services
6. When finished, click on “Calculate” on the last tab and you will see a table with estimated costs before insurance coverage
7. Input your insurance coverage by indicating deductible, co-pay and coverage after deductible and click on “Calculate”
8. Now you have a more detailed breakdown of estimated costs for the calendar year which is also useful in HSA and reimbursement planning

Congratulations for taking these important steps in taking charge of your health. Be sure to continue to visit myRegence.com often for updates to health news, local events, special programs, community discussions and more.

*1000 points maximum per year awarded for trying out the Health Costs Estimator.
myRegence.com:  
Join the community!

Did you know you can join an online community made up of other healthy-minded members? Become a member of My Community and use the message boards to learn more about your health and how to navigate the world of health care. Through shared information, wisdom, experiences and opinions, you can find answers, tips and advice on everything from weight loss and workouts to managing a disease or condition.

As a myRegence.com member, you can create your own screen name so you can post messages and contribute in the numerous My Community discussions taking place—

1. Go to myRegence.com
2. Log in with your personal username and password
3. Click on “Community Home” in My Community
4. In the upper right hand corner, click on “Create Screen Name” and fill in the fields—keep in mind that your screen name is visible to all members of My Community so if you wish not to reveal your true identity, choose something anonymous
5. Click on “Create Account” when you are done. Now you are ready to participate in My Community!

Congratulations for taking these important steps in taking charge of your health. Be sure to continue to visit myRegence.com often for updates to health news, local events, special programs, community discussions and more.
myRegence.com:
Start your healthy lifestyle today

Want to be healthier, exercise more or eat better but don’t know where to begin? The free, online health programs on myRegence.com are designed to help you set goals and work toward them one step at a time.

Choose from 11 different programs, each lasting six weeks. After selecting your program and setting your goals, you will receive a reminder email each week outlining your “to-do” list. You can manage these “tasks” and find other tools and resources on myRegence.com—

1. Go to myRegence.com
2. Log in with your username and password
3. Click on “Programs” under My Health
4. Click on “Go to Programs”
5. Select the program you want to participate in and click “Start this Program”
   Programs include: Weight Loss, Healthier Diet, Easy Start, Get In Shape, Smoke-Free, Healthy Aging, Diabetes-Fighting, Cancer-Fighting, Healthy Heart, Stress Relief and Your Healthy Living (custom)
6. Not sure which one to choose? Take a Health Risk Assessment, and it may recommend a program that’s right for you
7. After clicking on “Start this Program,” complete the answers to help set your goals. You are now enrolled and on your way to better health

Congratulations for taking these important steps in taking charge of your health. Be sure to visit myRegence.com often for updates to health news, local events, special programs, community discussions and more.
myRegence.com: Find your Rx

Did you know that you can find a whole wealth of medication-related information on myRegence.com? You can research medications, read up on Rx related articles, find formulary, learn if your medication combination has any potential interactions and even conduct a search for medication by physical characteristic.

All this helpful information is at your fingertips and simple to access—

1. Go to myRegence.com
2. Log in with your personal username and password
3. Click on “Health & Rx Guide” in My Advisor
4. From there you can conduct a search on any medication, just type it in and then click on “Search Now”
5. You will see a list of results based on your search. Each medication listed has its own information page where you can find additional information such as what the medication is, what it looks like, formulary, available generic and brand alternatives, cost, side effects and more
6. Not sure which pill is which? You can click on “Medication Identification Search” on the left hand corner in the Health & Rx Guide section. Here you can indentify a pill by physical characteristic and conduct a search to find possible matches
7. Want to know if your different medication has any interactions? You can click on “Medication Interaction Tool” on the left hand corner in the Health & Rx Guide section. With this tool, you analyze a set of medications for potentially dangerous interactions
8. You can also click on “Rx Article Library” on the left hand navigation bar in the Health & Rx Guide section to read up on the latest on Rx related news

Congratulations for taking these important steps in taking charge of your health. Be sure to continue to visit myRegence.com often for updates to health news, local events, special programs, community discussions and more.
myRegence.com: Understand your health coverage

You know you have health insurance. But what does that mean? How do you know when a claim is covered? How do you find the right provider? Where can you go to get your insurance questions answered?

One of the key features of myRegence.com is to help you better navigate the health care system. In fact, there is a whole section on the site dedicated to help give you the guidance to understand and manage your coverage. You can view your claim status, view your benefits coverage, search for a provider, securely communicate with the right resources at Regence to answer your health related questions and much more.

Check it out today—

1. Go to myRegence.com
2. Log in with your personal username and password
3. Click on “My Account” in My Navigator. Here you can find links to view your coverage, share your information with other family members, order new member cards and more
4. To view claim status, click on “View Claims” in My Navigator. You can pull up any claim from the past 18 months. There are also links on the left hand corner of the page to search for a particular claim, referrals and the appeals process
5. To search for a provider, click on “Providers” in My Navigator
   1. Click on “Search for Providers” and begin your search. You can search by name, specialty or location and then click on “Get Results”
   2. View providers individually and save your favorite provider information by clicking on “Add to My Providers”
   3. Searching for a provider outside of the 4-state Regence region? No problem, just click on the BlueCard links on the right hand side of the page after you click on “Search for Providers”
   4. Have any questions for Regence? Click on “Message Center” in My Navigator then click on “Contact Regence” and securely send a message to either customer service or health care services

Congratulations for taking these important steps in taking charge of your health. Be sure to continue to visit myRegence.com often for updates to health news, local events, special programs, community discussions and more.
myRegence.com: Redeem your Rewards!

You’ve been working hard to take the right steps toward living a healthier lifestyle. Your participation with the many activities, programs and tools on myRegence.com have earned you points that you can now redeem for Rewards!

Your first gift certificate will be awarded once you reach 50,000 points.

It’s simple to redeem your Rewards—

1. Go to myRegence.com
2. Log in with your personal username and password
3. Click on “Rewards” under My Health
4. If you have earned enough points, you will see a notification on the bottom of the main Rewards page
5. Click on “Redeem Now”
6. Select the merchant of your choice for your gift certificate
7. If you would like to select a merchant in a state other than your home state, use the drop-down tab on the right side
8. Once you’ve selected a merchant, fill out the certificate delivery information

Congratulations for taking these important steps in taking charge of your health. Be sure to continue to visit myRegence.com often for updates to health news, local events, special programs, community discussions and more.
advise. navigate. reward.