

myRegence.com

EVERYTHING YOU'VE ALWAYS WANTED TO
know about your health. In one place.



Imagine a place where you can find answers and support for all of your health needs. myRegence.com 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, visit myRegence.com today.

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

- **Compare** cost and quality of hospitals, clinics and providers.
- **Research** treatment options and out-of-pocket cost estimates.
- **Learn** about medical conditions, medications and cost-saving generics.
- **Explore** and enjoy health articles, videos and podcasts.
- **Discuss** a variety of important health and wellness topics on My Community, a nationwide social networking site.

Discover tools—online or on your mobile phone—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 browsing our health news, podcasts and videos.
- **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.



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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 register and join.

Become an informed health care consumer.

Log on today.

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 required *My Member Account Information* fields.
The name, member and group numbers you enter must match your member card.
4. Create a user name and secure password.
5. Click *Register* and *Login*.
6. You are automatically enrolled for Rewards after you register. Want to see how it works? Watch the online Rewards video. You get Rewards points for the following:

Take 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.

Manage stress and get into shape.

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

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

