

# Access your complete source of health and wellness resources at [regence.com](http://regence.com)

Take advantage of everything Regence membership has to offer. When you set up an online account at [regence.com](http://regence.com), you'll be able to:



## **Find a doctor**

It's fast and easy to find providers in your network.



## **Know what care costs**

The Treatment Cost Estimator displays estimated out-of-pocket costs on common procedures and services.



## **Track your benefits and coverage**

Your personalized dashboard is the place to review claims, see your deductible and more.



## **Reach for better health**

Take a health assessment, join wellness workshops, use the symptom checker and stay informed with the health library. You can even earn rewards.



## **Go mobile**

Sign in from any device or download our app for on-the-go access to your benefits information, member ID card and more.

Get the most out of your Regence membership. To learn more and register, have your member ID card handy and go to [regence.com/membership](http://regence.com/membership)

