

Go to www.regence.com and sign in now

Need care right away? You've got options.

When you're suddenly under the weather, it can be hard to know where to go for care. Learn about the on-demand care options you have through your plan—so you'll know just what to do when something happens.

- [See care options](#)
- [Sign in now](#)



- Explore Resources, get Support
- Mental health support
- Get a Regence account
- Know your benefits, take action
- Pharmacy savings

Welcome to your plan

Get care now or find a provider

View member ID card

See my benefits

View EOB statements

Recent claims View more

Claims submitted by your provider will appear here

Your annual costs View more

Member Medical Deductible

0%

of \$1,600 total

\$1,600.00 to go

Family Out Of Pocket Maximum

0%

of \$3,000 total

\$3,000.00 to go

Quick access to care In network

- [Explore your telehealth options](#)
Find information about virtual, chat, telephone, and mobile care options.
- [Find behavioral health support](#)
Get support for your mental health, from virtual therapy to self-guided programs.
- [Find urgent care near you](#)
Get professional care for non-life-threatening medical needs.

Insights

- See all of your meds, appointments and health-related details in one place.
- See all of your doctors and providers in one place.

Resources View more

- [Advantages and discounts](#)
Save on a variety of health-related products and services.
- [Preventive care](#)
Learn about preventive services covered by your health plan at no cost to you.
- [Gender affirming care](#)
Access affordable, high-quality inclusive health care to support your unique journey.

Everything you need in one place

Regence Empower™ Your personalized well-being experience.

Go to Regence Empower™ [➔](#)

Rewards
\$0 of \$25 possible
Your next step
Unread messages
0

Get rewarded for being healthy

Take the guesswork out of well-being with our guided, step-by-step experience designed to help you get—and stay—on the path to better health.

[Learn more](#)