

# Get personalized health and wellness resources at [regence.com](https://www.regence.com)

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



## Find a doctor

Easily search for doctors, specialists, clinics and pharmacies—all in your network.



## Reach for better health

Track your exercise, make nutritious meal plans and earn rewards for healthy activities with our motivational wellness tools.



## Stay on top of your coverage

Check your claims, view your benefits and see your deductible balance, all from your Member Dashboard. It's a one-stop shop for your health care tools, personalized to you.



## Connect with us

Understand your benefits and improve your experience by taking advantage of alerts, Live Chat with Customer Service, reminders, newsletters, web content and more.



## Compare costs, save money

Use our tools to find in-network care, and get estimated out-of-pocket expenses for common treatments, procedures and services.



## Get discounts

From discounted gym memberships to weight management programs, save on a variety of health and wellness services and products with Regence Advantages.



## Make smart health care decisions

See provider ratings and reviews, access medication comparison tools and more.



## Go mobile

Tap into your health with the Regence app for on-the-go access to your benefits, member ID card and more.

To set up an account, have your member ID card handy and go to [regence.com/membership](https://www.regence.com/membership)



Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association

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HIS-99184-18-OR

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-344-6347 (TTY: 711).

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711)。