



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

### **BlueCard® Coverage**

Regence BlueCross and BlueShield members may take their health care benefits with them – across the country and around the world.

- Largest network of doctors in the United States and worldwide.
- Easy to arrange and make an appointment.
- No need to submit a claim form when seeing a participating BlueCard provider.

### **myRegence.com**

Making healthy choices can be a difficult task in our complex world. Regence members have access to myRegence.com that can offer reliable advice, help them navigate the health care system and aid them in living healthier lives.

- Personal benefit information including a view of claims.
- Health and lifestyle articles, webcasts, and podcasts.
- Community message boards.
- Health programs.
- Cost and quality comparison tools.

### **RegenceRx**

At RegenceRx there are a wide variety of services dedicated to aid and inform members and providers when making cost-conscious choices about prescription medications.

- Members have access to a network of more than 50,000 pharmacies nationwide, including two mail-order options.
- Tools and information to help them and their doctor discuss medication choices.
- Call center support.

### **Wellness Programs**

Regence is among the industry leaders in the Health & Wellness trend. These programs are devoted to helping individuals make healthy lifestyle choices and changes that improve their health and quality of life.

- Regence online wellness programs provide a custom online site for members designed to promote and reward healthy behaviors.
- Regence health coach program helps members identify their individual health objectives and set measurable and attainable goals.

### **Regence Advantages**

Regence Advantages are discounts on health-related services from leading companies offered to help members take charge of their health. They are not covered benefits under a health plan.

- Vision and hearing care services.
- Local gym memberships.
- Weight management programs.
- Child health and safety products.