

# Get personalized health and wellness support from the Regence website and app

Take advantage of everything your Regence membership has to offer. When you create 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 home screen. 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 chatting live with Customer Service and taking advantage of alerts, 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, medications 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.



## Access information your way

Easily access all that Regence has to offer on any device. Enjoy one cohesive experience across our website and app.

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



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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)。