

October 2024

Health Highlights

This October, schedule your breast cancer screening

According to the [American Cancer Society](#), breast cancer is the second most common cancer in American women, and 1 in 8 women in the U.S. have a chance of developing breast cancer at some point in their life. This October, as we recognize Breast Cancer Awareness Month, we hope you will take a moment to consider your risk factors and make a plan for screening and prevention.

As a Regence member, your plan covers an in-network preventive mammogram every year with no out-of-pocket costs for women 40 and older, and for younger women at higher risk.

Visit www.regence.com to find an in-network provider that offers mammograms. If you have questions or need help, you can use the chat feature when you sign in or call the number on the back of your member ID card.

Important insurance terms

To get the most out of your medical coverage, it's important to understand all the terminology that comes with it. Each month, we'll share important insurance terms so you can start building your insurance vocabulary.

Copayment: A fixed amount (for example, \$15) you pay for a covered health care service, usually when you receive the service. The amount can vary by the type of covered health care service.

Expert second opinions from 2nd.MD

Sometimes it's hard to know if you've received the correct diagnosis or if you are on the right treatment plan. With 2nd.MD, you can connect with board-certified doctors for a second opinion via video or phone. Access to 2nd.MD is included with your benefits from Regence and is covered at no cost to you. To activate your 2nd.MD account and request a consult, call **1-866-841-2575** or visit www.2nd.MD/activate.

Earn rewards for healthy activities

With Regence Empower™, you can get a personalized well-being experience to help you reach your goals. Regence Empower connects with the fitness and tracking technology you already use and matches you with health living activities recommended just for you.

Not only can you connect the fitness and tracking technology you already use, but you can also earn gift cards for engaging in healthy activities. You'll earn a \$5 gift card just for creating an account -- and covered spouses can earn one too! The rewards don't stop there -- earn an additional \$20 gift card for engaging in other well-being activities.

To start your well-being journey, sign in at www.regence.com and select **Regence Empower**.

Medicare resources

If you are turning 65 soon and would like more information about your Medicare options, Regence offers several informational sessions throughout the year, both in-person and virtually, to help you navigate the process.

For more information visit www.regence.com/go/SOI/medicare and save the date for the next round of Medicare 101 events.

- **Wednesday, Oct. 30 | 6 p.m. MST**
Microsoft Teams virtual meeting
- **Wednesday, Nov. 20 | Noon MST**
Microsoft Teams virtual meeting

2nd.MD is a separate company that provides expert consultation services.



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REG-ID-1425376-24/09
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