

Additional Programs and Benefits

Services & Programs	Vendor	Description
Diabetes Prevention, Management & Hypertension Management	Omada	Eligible members receive personalized health coaching, smart devices and access to online support communities.
Discounts & Extras	Regence Advantages	Save on a variety of health-related products and services (full list available in the Regence member portal).
Disease Management	Care Management Plus	Experienced registered nurses and social workers are available to help you manage chronic conditions and coordinate necessary care.
Employee Assistance Program (EAP)	ComPsych Guidance Resources	Access a wide range of services to support mental health, emotional well-being and life-balance needs at no cost. Employees and dependents can receive up to six counseling visits per year.
Expert Second Opinion	2nd.MD	Connect with board-certified experts for a second opinion on diagnoses, treatments, surgeries and more.
Identity Theft Protection	Experian	Set up identity theft protection, credit score monitoring, credit alerts and potential threat detection at no additional cost.
Incentive Consumer Shopping	Regence Rewards	Receive gift card incentives for selecting low-cost, high-quality care options on more than 200 services and procedures.
Maternity Management	Regence Pregnancy Program	Get access to education, resources and tools to help you have the healthiest pregnancy possible.
Mental Health (self-guided digital)	Teladoc Health	Self-guided mental health that gives you the power to choose what you want to focus on at your own time, at your own pace.
Musculoskeletal Care (virtual)	Hinge Health	Access tools to improve back, joint and muscle health from the comfort of home.
Nurse Line	Advice24	Registered nurses are available 24/7, 365 days a year, to assess symptoms and help you decide on the best level of care.
Pharmacy Shopping Tool	Enhanced Medication Support	Compare medication costs, connect with a licensed pharmacist, transfer prescriptions, set up home delivery and more.
Telehealth (Vendor)	Doctor on Demand	Speak with board-certified physicians and licensed counselors who can answer nonemergency medical questions, address mental health questions, prescribe medication or recommend in-person follow up.
Weight Management	Omada	Participate in virtual programs to help you lose and manage weight with personalized coaching and programs.
Wellness, Health & Wellbeing	Regence Empower Incent	Set goals and get the support you need to reach them like fitness tracking technology, nutritional coaching and financial advice.