

February 2025

Health Highlights

Show your heart some love this month

February is Heart Health Month, a time to focus on the health of your heart and the hearts of those around you. Here's four easy ways to make heart health a priority all year long:

- **Get moving:** Make time for physical activities that you enjoy like walking, running or dancing to get your heart rate up and promote cardiovascular health.
- **Eat heart-healthy:** Eat a balanced diet rich in fruits, vegetables, whole grains and lean proteins to support heart health.
- **Know your numbers:** Get your blood pressure, cholesterol and blood sugar levels checked to understand your heart health risks and take steps to manage them.
- **Share the love:** Educate friends and family about the importance of heart health and encourage them to take care of their hearts too.

If you haven't done so, now is a great time to schedule your annual wellness exam to check in on your heart and overall health. To find in-network providers, log in to your member portal at [regence.com](https://www.regence.com) or call Regence customer service at 1-800-854-5585.

Smoking cessation support

One of the best things you can do for your health, and especially your heart, is to quit smoking. Easier said than done, right? Fortunately, you have access to a comprehensive smoking cessation program and support including counseling sessions, medications and over-the-counter products like nicotine gum or patches.

To learn more about the smoking cessation program, visit the [Value Added Programs](#) page of the OGI website and select *Tobacco Cessation* under *Physical Health & Incentives*.

Cooking from and for the heart

Eating a heart-healthy diet is important, but it can be challenging when you're cooking at home or for others. If you're interested in learning how to make heart-healthy meals that are still flavorful and satisfying, join the Regence Empower webinar on **Tuesday, Feb. 11**. You'll get expert advice on heart-healthy cooking and easy recipes to follow. Plus, Dr. Dan Meltzer will share how exercise and social activities support your vitality and longevity for whole-person health.

Attend the live webinar for your chance to win a prize package of Ninja NJ601 blender and *The Truly Easy Heart-Healthy Cookbook* by Michelle Routhenstein, MS, RD, CDE, CDN.

Save the date for Tuesday, Feb. 11, at 12:30 p.m. MT. Register now at <https://bit.ly/46plCLR>.

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.

Out-of-pocket limit: The most you pay during a policy period (usually one year) before your health plan begins to pay 100% of the allowed amount. This limit does not include your monthly premiums, balance-billed charges or services your health insurance plan doesn't cover.