



March 2025

Health Highlights

You're covered when you travel

Spring break is around the corner and for many people, that means travel plans. When you're on vacation or away from home the last thing you want to worry about is your insurance coverage. In the event of an emergency, it's important to know that your Regence medical coverage travels with you.

Through the Regence Blue Shield Blue Card and Global Care programs, you have access to doctors, hospitals, support tools and resources around the world. Here is what you need to know:

- Always carry your insurance card.
- Contact Regence using the number on the back of your member ID card before you travel for questions about using services.
- If direct payment has not been arranged or your local plan is unable to verify your benefit coverage at time of service, you may need to pay upfront and submit a claim for reimbursement.

To learn more, review the Blue Card and Global Core program resources available on [Value Added Programs](#) webpage on the Office of Group Insurance website.

Omada for diabetes, hypertension and weight management

Omada offers virtual programs to help State of Idaho members lose and manage weight, lower blood pressure and manage diabetes. If you or your adult family members are at risk for type 2 diabetes or heart disease or are living with diabetes or high blood pressure, and are enrolled in medical coverage with Regence, the Omada program is available at no cost to you.

Eligible members who claim their welcome kit will receive easy-to-use smart devices shipped directly to your door that are yours to keep. Depending on your needs this can include continuous glucose monitors, blood glucose meters, test strips, blood pressure monitors and smart scales.

Keep an eye on your mailbox and email inbox for more information direct from Omada, or if you'd like to learn more now, visit www.omadahealth.com/SOI.

Invest in rest

One of the easiest ways to improve your health? More sleep! Most people do not get the recommended seven to nine hours of sleep per night. Instead of staying up late, try hitting the hay earlier to make sure you get enough rest. Your morning self will thank you!

Take the sleep challenge with Regence Empower. All you have to do is record at least seven hours of sleep per night on 14 out of 21 days. Those who complete the challenge will be entered to win an Echo Spot smart alarm, travel sound machine and a cozy sleeping mask for extra restful nights.

To sign up for the challenge, log in at [regence.com](https://www.regence.com) > Regence Empower > Challenges > Don't Lose Your Snooze.

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.

Primary Care Provider (PCP): A physician (M.D. – Medical Doctor or D.O. – Doctor of Osteopathic Medicine), nurse practitioner, clinical nurse specialist or physician assistant, as allowed under state law, who provides, coordinates or helps a patient access a range of health care services.

Omada Health is a separate company that provides care and disease management services.



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

Regence BlueShield of Idaho
1602 21st Avenue | Lewiston, ID 83501

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