

Programs that offer extra support

Regence



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Everyone's health care journey is different. That's why your Regence plan offers more than robust medical and pharmacy benefits. You also have access to a variety of programs designed to make your life and your health care experience easier—at no cost to you.

2nd.MD – Expert second opinions

Sometimes it's hard to know if you've received the correct diagnosis and 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.

Doctor On Demand – Virtual care

Skip the waiting room with care on demand that lets you visit with a doctor via phone or video—24/7, 365 days a year. Talk to a board-certified physician, licensed counselor or psychiatrist who can answer nonemergency medical questions, address mental health needs, prescribe medications or recommend in-person follow-up care if needed.

TransUnion – Identity theft protection

Keeping your personal information safe and secure has never been more important. As an added convenience, your Regence health plan offers identity theft protection, credit score monitoring, credit alerts and potential threat detection from TransUnion—all at no additional cost to you.

GuidanceResources® with ComPsych® – Employee Assistance Program (EAP)

When life happens—whether it's family issues or financial stress—getting support from professionals can make a big difference in your health and well-being. All employees and their families, regardless of whether they're enrolled in the State of Idaho Health Plan, can access a range of services to support mental health, emotional well-being and life-balance needs.

Hinge Health – Musculoskeletal care

Get a customized exercise program and expert advice to help reduce pain, recover from injury and increase your mobility—all from the comfort of home. Best of all, this unique program is 100% covered by your Regence plan, which means there's no cost to you.

HMA – COBRA administrator

If you leave your health plan or your eligibility ends, you may have the option to purchase COBRA coverage through HMA, a Regence partner. COBRA coverage and eligibility vary by plan participant.

Omada

Omada offers virtual programs that help members lose and manage weight, lower blood pressure and manage diabetes. Eligible plan participants who choose to enroll with Omada will receive personalized health coaching, smart devices and online support communities through one of the following programs:

- **Omada for prevention and weight loss**
Through lessons, food tracking and small, simple goals, Omada can help you learn how to build healthier routines—all with the support and guidance of a personal health coach.
- **Omada for diabetes**
In addition to a blood glucose meter, test strips, lancets and a smart scale, eligible members will also receive two continuous glucose monitors (with prescription).
- **Omada for hypertension**
Omada will help you find ways to lower your blood pressure outside of just medication (like tips for nutrition, stress and sleep). By tracking your blood pressure, your care team will help you understand health trends, so you can start making simple changes to control your numbers.

Advice24 – Around-the-clock nurse support

When you or a covered family member is sick, hurt or needs health care advice, it can be hard to know what to do. With Advice24, whether it's day or night, you can connect with a nurse over the phone or virtual chat to get guidance and peace of mind. Registered nurses are available 24/7, 365 days a year, to assess your symptoms and help you decide on the best level of care.

Regence Empower – Well-being program

Whether you need a nudge to start a fitness routine, lose weight or improve your sleep, Regence Empower™ can guide you on the steps to take to reach your goals. It connects with the fitness and tracking technology you already use and provides opportunities to earn rewards too. Once you have your Regence member ID, sign in at regence.com and select **Regence Empower** to get started.

Regence Pharmacy Services

Your Regence plan has many ways to help you save money on your medications, including lower-cost network pharmacies, online cost-comparison tools and convenient fill options. You also have access to convenient home delivery and the option of a 90-day supply for certain prescriptions—plus expert fulfillment for specialty medications if needed.

Regence Pregnancy Program

The Regence Pregnancy Program provides education, resources and tools to help you have the healthiest pregnancy possible. Download the free Pregnancy Program app to access tools for personalized pregnancy milestones, activity and appointment reminders, and direct access to maternity nurses.

Strive Health – Kidney health management

If you're navigating chronic kidney disease, Strive Health offers personalized support and care management to help prevent or delay disease progression. The Strive Health team will work with your doctor and care team to ensure you have the resources, information and support you need.

Mental Health Digital by Teladoc Health – Self-guided mental health support

Whether it's stress, anxiety, depression or even getting good-quality sleep, we can all use a little help managing our mental health. Teladoc Health gives you the power to choose what you want to focus on at your own time, at your own pace. All you have to do is answer a few questions, and Teladoc Health will create a plan specifically for you with suggested activities, articles and videos. There's no cost to you to participate.

VSP – Vision care

Your Regence plan includes vision coverage through VSP. While you may visit any eye care provider you like, you'll pay less if you see one in the VSP Choice network. Once you have your Regence member ID card, you can create an account at vsp.com to view your full vision benefits.

Get started



Once you have your member ID card, [sign in](#) to your Regence account to learn more about these programs and other resources to help you stay on top of your health.

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