

November 2025

Health Highlights



Cold and flu season is here

With colder temperatures rolling in, it's important to remember that certain viruses can thrive in colder weather, and more indoor gatherings means more chance of exposure to those viruses. This cold and flu season, take these simple precautions to protect yourself and your loved ones from getting sick:

1. **Get your flu shot.** The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated. Flu shots are considered preventive immunizations and are covered at no cost to you.
2. **Wash your hands.** Use soap and water and wash your hands for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
3. **Avoid contact.** Avoid close contact with people who are sick. And if you are sick, please stay home and limit your contact with friends, family and coworkers.
4. **Cover coughs and sneezes.** Cover your mouth and nose when coughing or sneezing, and please don't use your hands to do so! Use tissues and then throw them away.
5. **Practice good hygiene and healthy habits.** Clean frequently touched surfaces like counter tops and doorknobs to prevent spreading germs. You should also get plenty of sleep, stay hydrated, and do your best to manage stress and fuel your body with nutritious food.

No one can avoid getting sick 100% of the time, but following these tips will help reduce your risk, keeping you and your loved ones happy and healthy.

Quick access to quality care

If you follow all the tips above and still find yourself under the weather and in need of a doctor's advice, consider scheduling a virtual appointment with **Doctor on Demand**. The average wait time is less than 10 minutes, and you don't even have to leave the comfort of home.

You can be seen quickly for everything from cough and cold, to sinus infections, to pink eye. **Doctor on Demand** is also a great place to start if you need mental health support for anxiety, depression or addiction support.

You can easily access **Doctor on Demand** by signing in to your member portal at [Regence.com](https://www.Regence.com).

Challenge yourself with Regence Empower

November Challenge: Gratitude in Action

Practice gratitude and give back to improve your health this season. Bring a neighbor a holiday treat. Tell your friend you're grateful for their friendship. Sign up to volunteer in your community. Donate to a cause you care about. Even small acts can reduce stress and lighten your mood.

Your goal is to track "yes" for demonstrating gratitude for 10 out of 14 days. Do that and you could be entered to win a \$100 gift card to Bookshop.org.

Get started today by logging in to your member portal at [regence.com](https://www.regence.com) > *Regence Empower* > *Challenges* > *Gratitude in Action*.

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.

Preventive services: These are routine health assessments to identify or prevent potential health problems. They often include screenings to detect hidden health issues, lab work and checkups with your doctor. Preventive services are covered at no cost to you.

To learn more about what exactly qualifies as preventive services, you can check out the [Preventive Care flyer](#).