



December 2025

Health Highlights

Add mental health to your list this holiday season

Whether you're running around doing last-minute shopping, baking that final batch of cookies, or traveling to see family, it's easy to find yourself overwhelmed this time of year. So, while you're making that holiday to-do list, be sure to take some time to look after your own mental health.

If you're looking for a way to wind down during this busy season, consider checking out your EAP benefits. GuidanceResources offers a wide variety of resources and support tools including:

- **Counseling.** Receive up to six counseling sessions for stress management, relationship issues, anxiety, work stress or other challenges. These sessions are available in person or over the phone, video or chat; you can schedule appointments online or by calling the toll-free line.
- **Financial expertise.** This can be a spendy time of year. Take advantage of virtual toolkits and articles that focus on managing household finances, creating budgets, saving for retirement and more.
- **Lifestyle support.** Here you can find information on everything from how to make better choices when dining out (hello holiday parties!), holiday travel tips, navigating seasonal and holiday depression and even tips on how to care for a live holiday tree!

All State of Idaho employees, regardless of whether they are enrolled in medical coverage, have access to these resources and more. To start exploring your EAP benefits, visit guidanceresources.com, select **Register** and enter Organization Web ID: **SOIEAP**.

Quick access to quality care

If you find yourself under the weather during cold and flu season, you can now stop by an Albertsons or Safeway pharmacy and be seen quickly for common health concerns. Whether you have strep throat, a migraine or need an EpiPen refill, you can get tested, receive a prescription and start treatment all in a single pharmacy visit. Plus, depending on your benefits, you'll pay little to nothing out of pocket.

For more information, check out the [Pharmacist Services flyer](#). To find a participating pharmacy near you, visit the links below:

- [Albertsons Pharmacies](#)
- [Safeway Pharmacies](#)

Challenge yourself with Regence Empower

December Challenge: Gift yourself health

Wrap up the year with a well-being quest of your choice! Whether you have a big goal in mind or just want to learn more about your health—there's something for everyone. Choose from self-guided programs, personal challenges or interactive programs.

Your goal is to complete any self-guided program or personal challenge in December for your chance to win a \$100 gift card from your choice of MasterClass, REI, EarthHero, Bookshop.org or Zappos

Get started today by logging in to your member portal at regence.com > *Regence Empower*.

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.

Outpatient care: This type of care does not require an overnight stay in the hospital or health care facility. It's typically a service or procedure you can have within a few hours and then return home the same day. For example, once you receive an X-ray or blood work at a laboratory or clinic, you are free to leave the facility.