



February 2026

Health Highlights

Celebrate heart health month: make the most of your medical benefits

February is American Heart Health Month—the perfect time to prioritize your ticker. As a Regence member, your plan offers valuable benefits to support a healthier heart, starting with preventive care.

Your plan covers annual wellness visits and preventive screenings at 100%—no copay required. Schedule your appointment to:

- Check your blood pressure and cholesterol levels
- Discuss your heart disease risk factors with your doctor
- Create a personalized prevention plan

If you're managing conditions like high blood pressure, diabetes, or high cholesterol, your plan covers:

- Regular check-ups with your primary care physician
- Prescription medications
- Nutritional counseling
- **Tobacco cessation support**
- **No-cost health coaching and support through Omada** (programs include weight management, diabetes and hypertension).

Don't let your benefits go unused. Schedule your annual physical, explore wellness programs for weight management or smoking cessation, and be sure to sign up for Regence Empower to earn gift cards incentives for healthy living. Your health matters—take advantage of the resources designed to help you live a longer, healthier life!

Regence Empower February webinar: heart-happy habits

To celebrate heart month, join us for a live session where Regence Empower experts will discuss how being social, moving your body, eating well and expressing creativity keep your heart healthy for life. Tune in for at least 15 minutes to earn a sweepstakes prize entry!

Join the conversation on Thursday, Feb. 12, at 11:30 a.m. PT (12:30 p.m. MT). Don't wait, [register here!](#)

24/7 health advice you can trust

We've all been there – you know something is up, but you aren't sure if you should see a doctor or wait it out. If you have a question or don't know how to treat a health condition, Advice24 can help remove some of the guesswork.

Registered nurses are available 24/7, 365 days a year, to assess your symptoms and help you decide on the best level of care. Some examples of health problems you can get help with include:

- Vomiting, nausea or upset stomach
- Cuts, minor burns, scrapes
- Colds, viruses, coughing
- Dizziness and headaches
- Sore throats or flu
- Back pain
- Crying or hot baby

You can connect with Advice24 virtually at regence.com or in the Regence app, or over the phone at 1-877-375-2599.

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.

COBRA. COBRA is a health insurance program that allows eligible employees and their dependents to purchase continued medical and dental coverage, on an individual basis, in the event that they lose their job or their hours are reduced.

COBRA stands for the Consolidated Omnibus Budget Reconciliation Act of 1985, which is the law that first introduced COBRA insurance. For more information specific to the State of Idaho COBRA, visit the ogi.idaho.gov/leave-cobra-options.