

March 2026

Health Highlights



Fill your plate during nutrition month

March is recognized as National Nutrition Month and it's a great time to take stock of your eating habits. Your food and beverage choices set the foundation for your overall health and it's worth investing in healthy choices to fuel your body and mind.

To make the most of your nutrition all year long, keep these tips in mind:

1. Eat a variety of healthy and whole foods from each food group. Focus on fruits, vegetables, whole grains, lean proteins and lower fat dairy.
2. Limit saturated fats, sodium and added sugars.
3. Avoid fad diets that promote unnecessary restrictions. These diets don't promote healthy or sustainable habits and can result in nutrient deficiencies.

If you're not sure what a healthy eating pattern looks like for you, don't stress, there are many options for support. Registered dietitians and nutritionists can offer expert advice, tailored to your needs and goals. Plus, as a Regence member, nutritional counseling is covered when you work with an in-network provider.

Log in to your member portal at [regence.com](https://www.regence.com) and use the provider search tool to find local support.

Regence Empower

March challenge: snooze it forward

We all know getting a good night's sleep is good for your health, but easing into quality Z's can be tough, especially without a few sleep rituals. This month, try going to bed at the same time every night and turning off screens. Track your sleep to gauge your progress and earn a sweepstakes entry.

Record for rewards: Sign up by **March 9**, and track 7+ hours of sleep in 14 of 21 days between March 2 – 22. Complete the challenge and you could win a Dreamegg sunrise alarm, bamboo sleep mask, weighted stuffed animal and assorted herbal teas.

To register, go to [regence.com](https://www.regence.com) > Regence Empower > Challenges > Rest & Reset.

Medication support at your fingertips

If you regularly take prescription medications, it can be overwhelming to stay on top of your dosage and refills, not to mention cost. How much you pay – especially if you take more than one medication – can fluctuate depending on where you fill your prescriptions, what quantity your pharmacy can provide and whether there are generic options available.

With Regence medication support, you have a built-in support system to help you navigate the ins and outs of prescription medications. In your [regence.com](https://www.regence.com) account, you can easily access tools to help you:

- **Research and compare medications** for costs, effectiveness and side effects.
- **Connect with a licensed pharmacist** who can review your current medications and answer your questions.
- **Get personalized insights** identifying safety concerns and FDA recalls.
- **Review care timelines** to see a list of medications, appointments and labs for you and family members on your plan.
- **Get assistance** changing and transferring prescriptions or setting up home delivery.

Log in to your member portal at [regence.com](https://www.regence.com) today to get the help you need!

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.

High-deductible health plan: With a high-deductible health plan (HDHP) you'll pay more out-of-pocket for medical services before your insurance plan begins helping with costs, but your monthly premium is generally lower than other plans. Many people chose to offset the cost of HDHPs by contributing to a Health Savings Account (HSA).