



August 2026

Health Highlights

August is National Wellness Month

Wellness looks different for everyone. For some it may be upping their water intake or making time to exercise a few times a week, for others it might be prioritizing self-care or setting healthy boundaries with friends and loved ones.

As we celebrate National Wellness Month, take some time to decide what wellness means for you and how to prioritize your needs. Whether you're focused on mental wellness, physical recovery, or breaking a tough habit, there are a variety of resources included with your health plan designed to meet you where you are.

To explore your options, check out the different program flyers on the Office of Group Insurance website at ogi.idaho.gov/value-added-programs. You can also log in to your member portal at regence.com for more details.

Discounts and advantages

We want to make taking charge of your health easier. That's why in addition to your standard medical benefits through Regence; health plan members also have access to Regence Advantages. This program helps you and your family save on the health and well-being-related products and services you need most. Get discounts on fitness devices, gym memberships, allergy relief and more—plus, you get 20% off Walgreens brand over-the-counter health and wellness products.

To explore all available discounts, log in to your member portal at regence.com and select *Advantages and discounts* under the Care resources tab.

Reminder: Register at regence.com

All members received new member ID cards and new ID numbers, effective July 1. To continue accessing the Regence member portal, you must create a new account using your new ID number. To create your account, visit regence.com/sign-in, select *Create an account* and follow the prompts.

If you have questions or need help creating an account, please contact Regence customer service at 1-800-854-5585.

Regence Empower

August Challenge: Pick Your Produce – Register by Aug. 10!

Find nourishment and community in seasonal eating. Whether it's from the garden or your grocery store, savor the bounty of summer by eating a variety of fruits and vegetables. Eating the rainbow means more micro nutrients for your body to use!

Your goal: Enjoy five or more cups of fruits or vegetables on 17 of 21 days this month. Complete the challenge and you will be entered to win a Burlap & Barrel spice sampler, Souper Cubes food storage, ProBar snacks and *Salt, Fat, Acid, Heat* by Samin Nosrat.

Register by Aug. 10 and participate between Aug. 3 – 23. To register, go to regence.com > Regence Empower > Personal Challenges > Pick Your Produce.

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.

Generic medications: Generic drugs have the same active ingredients, quality and effect as brand-name drugs but are far less expensive. The FDA also checks them to ensure they're safe and effective. However, not all drugs have a generic version.

To find out if your medications have a generic option, log in to the member portal at regence.com, select Pharmacy and then select Check costs & coverage. You can also contact Regence customer service at 1-800-854-5585 for support.