



July 2026

Health Highlights

New plan year, new ID cards

The new plan year started on July 1, 2026, and all members should have received a new card in the mail with an updated group and member ID number. The new cards are active as of July 1, 2026.

To make sure there is no confusion around benefits and claims, please update your doctor's office and pharmacy with your new member ID. This also applies to vision coverage through VSP, so be sure to use your new ID information when seeking vision services.

Note: this does not impact your dental coverage. Continue to use your same card and member ID for the FY 2027 plan year.

Benefits reset with new plan year

The new plan year began on July 1, 2026, and that means your benefits have reset for the year. As we kick off this new plan year, here are some important things to keep in mind:

- **Deductible.** Your deductible returns to its full amount at the beginning of the plan year. Any amount applied towards meeting your deductible in the previous plan year does not carry over.
- **Maximum out-of-pocket.** Your MOOP also returns to its full amount and any accumulated out-of-pocket expenses from the previous year will not carry over. The new plan year begins with \$0 credited towards your maximum out-of-pocket limit.
- **Visit maximums.** Visit limits for services like acupuncture or outpatient rehab are reset with the new plan year.
- **Member ID cards.** All members should have received a new member ID card with updated member ID and group ID numbers. Please be sure to share your updated information with your doctors and pharmacies as soon as possible. If you need to replace your ID card, or access a virtual copy, sign in to your member account at [regence.com](https://www.regence.com).

The deductible, maximum out-of-pocket and certain service limits vary by plan, and will depend on whether you enroll as an individual or family. Log in to your Regence member portal for your specific plan information or contact Regence customer service at 1-800-854-5585.

Register at regence.com

Due to the member ID update, all members will need to create a new account at regence.com to continue accessing the member portal which includes important information like claims, accumulator totals, prescription medication details and provider search tools.

When creating a new regence.com account:

- You can use the same email address for the new account; however, you may receive a warning message. Continue to click through the prompts to create your account.
- Your existing regence.com account will automatically move to historical status. You will still be able to review past claims by logging in with your previous username and password.
- Any claims for dates of service before July 1, 2026, will be processed under your previous member ID number. You'll be able to see them in your old regence.com account.

You must wait until you receive your new member ID number to create a new account. If you have questions or need help, please contact Regence Customer Service at **1-800-854-5585**.

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.

Specialty drug: This is a type of prescription medication that typically requires specialty handling or ongoing assessment and monitoring by a healthcare professional or may be difficult to dispense. These types of prescription drugs are usually the most expensive on a plan's formulary.

Regence Empower

July Challenge: Water Works

Drink in the summer heat! Staying hydrated helps your body function at its best— from better digestion to improved energy levels. Get creative and try adding fruit to your water or learning about how electrolytes affect your hydration

Your goal: Drink an extra glass of water for five out of seven days. Log your water and you will be entered to win a variety pack of electrolyte powders, iced tea, matcha tea and a reusable stainless steel water bottle.

To qualify, register before June 8 at regence.com > *Regence Empower* > *Challenges* > *Water Works*.

Comparing pharmacy costs

Did you know prescription costs vary among pharmacies? Even if you are visiting an in-network pharmacy, costs may be different depending on where you fill your prescriptions.

To find the lowest out-of-pocket costs, sign in to your [regence.com](https://www.regence.com) account, click on Pharmacy in the left menu, click Check costs & coverage and then select Find medicines to search for your prescriptions and costs. In addition to finding the lowest cost option, you can also find an in-network pharmacy, compare medication effectiveness and side effects and plus receive alerts for lower-cost alternatives.