

May 2026

Health Highlights

Open enrollment ends May 15!

Open enrollment for medical, dental and FSA benefits for employees continues until Friday, May 15! Now is the time to review and, if needed, make any changes to your benefits for next year. As a reminder, the plan year starts July 1, and runs through June 30.

Choosing the right plan during open enrollment is an important decision. Here are some helpful tips to make it easier:

- 1. Know your needs.** Understand how often you and your family expect to visit the doctor and if you have any planned procedures or ongoing treatments. You should also review any prescriptions you take regularly.
- 2. Understand your plan options.** State of Idaho participants can choose from three plans; PPO, Traditional and High-deductible health plan (HDHP). When choosing a plan, it's important to consider how much you want to pay per month for coverage, versus how much you will pay when you see the doctor or use your benefits. To get an idea of your costs, visit:
 - [FY 2027 rates and deductible amounts](#)
 - [FY 2027 summary of benefits and coverage \(SBC\)](#)
- 3. Check your providers and prescriptions.** The Regence provider network spans the entire state and includes more than 98% of all physicians. However, it's always a good idea to use the *Find a Provider* search tool in your [regence.com](#) member portal to ensure your preferred provider is in network. Also in your member portal, use the *Check Costs and Coverage* tool in the pharmacy tab to confirm your medications are covered and at what costs.
- 4. Use your resources.** Visit [ogi.idaho.gov/medical/](#) to review the *FY 2027 Plan Changes* presentation and slides. The video includes updates from the Office of Group Insurance, Regence and Navia.

Remember, if you take no action during the open enrollment period, you will automatically be renewed into your current medical plan.

Note: members with an FSA must re-enroll and update elections during the open enrollment period.

New Regence member ID cards

To improve the enrollment process, Regence group numbers and member IDs will be updated for the new plan year. All members will receive a new Regence member ID card with updated information prior to July 1.

Here are a few things to keep in mind:

- Continue to use your current member ID card through June 30, 2026.
- Beginning July 1, 2026, use the new card and be sure to update your doctor's office and pharmacy with the new member ID.
- Remember, this is also your member ID for vision coverage through VSP.

If you have questions, please contact Regence customer service at **1-800-854-5585** or use the chat feature in your member portal at [regence.com](https://www.regence.com).

Note: This does not apply to dental coverage. Please continue to use your same Blue Cross of Idaho member ID cards for dental care.

May is Mental Health Awareness Month

It can be challenging to find local behavioral health care providers, especially if you need to be seen quickly. For many, the wait can be weeks or even months. The good news is, with your Regence benefits you have access to a wide variety of virtual options for behavioral health support.

This May, as we focus on mental health awareness, please take a moment to get familiar with all the options available to you.

- **Doctor on Demand** is your go-to for virtual behavioral health and primary care. This is a great place to start for those who need support with anxiety, depression or stress management.
- **Bend Health** specializes in pediatric and young adult behavioral health programs for members ages 1 to 25, with nationwide provider availability.
- **Charlie Health** offers an Intensive Outpatient Program treating teens and young adults from the comfort of home.
- **Equip** provides treatment for all eating disorders for ages 6 and up.
- **Meru Health** provides a 12-week virtual therapy program with licensed therapists for anxiety, depression and life transitions for ages 13 and up.
- **NOCD** specializes in the treatment of obsessive-compulsive disorders for ages 6 and up.
- **Talkspace** specializes in counseling for general behavioral health needs for ages 13 and up, and psychiatry/medication management for ages 18 and up.
- **Boulder Care** offers virtual outpatient treatment for addiction, including opioid and alcohol use disorders.

These are just some of the options available to you. For more details, or to search for in-person providers, log in to your member portal at [regence.com](https://www.regence.com) or contact Regence Customer Service at **1-800-854-5585**.

Regence Empower

May Webinar: Busting Mental Health Myths

Join Regence experts live to learn about mental health, emotional intelligence and stress resiliency as they bust some common mental health myths. Plus, find out about sweepstakes activities that can help you practice what you've learned!

Join the conversation on Thursday, May 14, at 12:30 p.m. MT to learn more.

[Don't wait, register here!](#)

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.

Medically necessary: Health care services or supplies that are needed to prevent, treat or diagnose an illness, injury or its symptoms and that meet the accepted standards of medicine.

If you have questions about whether a specific service will be covered, it's always a good idea to review your plan documents for specific coverage details or contact Regence customer service for more specific information.

**Charlie Health and Talkspace are separate companies that provide telehealth services. Equip is a separate company that provides virtual eating disorder services. NOCD is a separate company that provides OCD treatment services. Bend Health and Meru Health are separate companies that provide mental health services. Boulder Care is a separate company that provides substance use and addiction treatment services.*

