

November 2026

Health Highlights

November is National Diabetes Month

According to the American Diabetes Association, diabetes affects more than 40 million Americans, and the number continues to rise. Whether you are newly diagnosed, have been managing diabetes for a while, or simply want to lower your risk, resources and programs are available to help you navigate your healthcare journey.

- **Understand your risk.** Millions of Americans have prediabetes, and many don't know it. Consider taking this short risk test from the American Diabetes Association: diabetes.org/diabetes-risk-test.
- **Talk to your doctor.** Schedule an appointment to discuss your risk, current diagnosis and options for treatment. To find an in-network provider, log in to your Regence member portal at regence.com and use the Find a provider search tool.
- **Get support.** Eligible members have access to a personal health coach, smart devices, online peer groups and other support for managing weight and diabetes with Omada Health. This program is included with your medical benefits at no cost to you. Learn more at omadahealth.com/soi.

You don't have to manage diabetes alone. Take advantage of these resources and start building a plan that works for you.

Expert support, available 24/7

Questions about your health don't always come up during business hours. The good news is you have access to expert guidance 24/7, 365 days a year with Advice24.

Now, when those questions come up, you can connect with a registered nurse who can help with:

- Fever, coughs and common childhood illnesses
- Minor injuries and when to seek emergency care
- Medication dosing questions
- Newborn and infant care concerns

Expert support when your family needs it most – no appointment needed and at no cost to you! Call Advice24 anytime at 1-877-375-2599.

Regence

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REG-ID-1425376-24/09
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Flu shots are here, get yours today

Cold and flu season is here, and getting vaccinated is one of the best ways to protect yourself and the people around you. An annual flu shot can reduce your risk of getting sick and help prevent serious complications.

Flu shots are quick and easy to get at your doctor's office or a local pharmacy. Plus, they are considered preventive immunizations and are covered at no cost to you. Schedule your flu shot today!

Regence Empower

November webinar: Real connections, real well-being

Join the Regence Empower team on **Thursday, Nov. 29**, to discover how acts of service in your community can create meaningful connections and purpose. You'll hear from experts on why cultivating connection is vital for lifelong well-being.

Attend the webinar and you could be entered to win a prize package that includes a Tillamook cutting board gift set, a pack of note cards, card games and Hammond's sweet treats.

Save your spot and register today at https://bit.ly/ConnectionCultivate.

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.

Allowed amount: The agreed upon dollar amount that a provider will accept, and an insurance company will pay, for a covered service. In-network providers and the insurance carrier agree on this price, and it is often less than what the provider first bills.

For example, your provider bills $200 for a visit. The allowed amount is $120. Your plan figures your share of the cost from the $120, not $200.

Note: Out-of-network providers have not agreed to an allowed amount, which means the provider may bill you for the difference between their charge and the allowed amount.

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