

October 2026

Health Highlights



Important pharmacy updates

Idaho pharmacy dispensing fee

Depending on where you fill prescriptions and your specific medical plan, you may have noticed changes in what you pay at the pharmacy. This is due to a change in Idaho law that requires additional dispensing fees for prescriptions filled at certain pharmacies in Idaho.

If you're looking to save money on your prescriptions, consider using a home delivery pharmacy, which is not subject to these dispensing fees, or ordering 90-day refills to reduce the number of prescriptions subject to the fees.

Please note that this change does not impact your medical benefits; it only affects how fees are applied at certain pharmacies. To compare costs and locations, sign in at [regence.com](https://www.regence.com), select *Pharmacy*, then *Check costs & coverage*.

Amazon Pharmacy home delivery

You can get some medications — like ones you take for a chronic condition — mailed to you at the location of your choice. That means fewer trips to the pharmacy and potentially lower out-of-pocket costs.

Currently, members have the option to choose between Amazon Pharmacy Home Delivery and Walgreens Home Delivery. **Beginning Jan. 1, 2027, Amazon Pharmacy Home Delivery will become the exclusive mail order pharmacy option for Regence members.**

Most Walgreens Home Delivery prescriptions will be automatically transferred to Amazon Pharmacy on or after Jan. 1, 2027. To ensure you continue to receive your medications, be sure to register with Amazon Pharmacy and provide your information prior to the new year.

If you already use Amazon Pharmacy for your mail order medications, no action is needed and your prescriptions will not be impacted.

Contact Regence customer service at **1-800-854-5585** with questions or visit your member portal at [regence.com](https://www.regence.com) for more details about your specific benefits.

Find relief with Hinge Health

Living with chronic joint or muscle pain can make even the simplest moments feel out of reach. Hinge Health offers personalized, clinician-guided care to help you move better and feel better — from the comfort of your home. State of Idaho members are finding real relief and sharing their experience:

“A few years ago, I had a bad fall and landed on my hip. Since then, I’ve had frequent shooting pain from my hip to my knee. It was so bad that it would often keep me up at night. A few weeks after starting Hinge Health, I woke up one morning at 7 a.m. and realized I was not in pain.

Recently, I attended my granddaughter’s soccer game where I sat at the top of the stands. In the past, going up and down the stairs was very painful, but this time I was able to manage with just a little stiffness in my knee. This might not sound like much, but for me it was a first. I was very excited!

Thank you to the Hinge Health team for the time and patience you have put in for me.”

— C.L., State of Idaho member

If you’ve been dealing with chronic pain or a musculoskeletal issue, Hinge Health may be able to help — all at no cost to you! Visit hinge.health/soi-join to learn more.

Hinge Health is a separate company that provides virtual physical therapy services.

Regence Empower

October challenge: get loose!

Skeletons—during spooky season and beyond—need strong bones! This month, focus on strengthening them with mobility and movement. Whether it’s (black) cat-cows on the yoga mat or a “Thriller” dance break, get loose and have fun!

Your goal: record 30 minutes of stretches, strength or movement 17 out of 21 days in October. Do that, and you’ll be entered to win a \$100 Columbia Sportswear gift card and well-being swag!

Register by Oct. 12 and participate between Oct. 2 – 25. To register, go to regence.com > Regence Empower > Challenges > Get Loose.

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.

Summary of benefits and coverage: Often referred to as the SBC, this document provides important details about a health insurance plan including costs, benefits, covered services and exclusions.

All plan SBCs are available on the Office of Group Insurance website at ogi.idaho.gov/medical.