

September 2026

Health Highlights

Celebrating Recovery Month

Since 1989, Recovery Month has been celebrated every September. It's a time to honor the incredible progress made by people on their recovery journey and a chance to shine a light on new treatment options.

If you or someone you love is struggling with substance use disorder and looking for support, consider the options available through your medical plan with Regence. In addition to traditional in-person counseling and treatment centers, your benefits also include access to:

- **Boulder Care:** Medication-assisted treatment, coaching and peer support for opioid use disorders and alcohol use disorders. Learn more: www.boulder.care
- **Eleanor Health:** Medication-assisted treatment, therapy, peer support and care coordination. Learn more: www.eleanorhealth.com
- **Employee Assistance Program:** Short-term counseling services and additional online resources for those who are struggling with, or have been affected by, addiction and substance use disorder. Visit www.guidanceresources.com, select Register and enter Organization Web ID: SOIEAP.

Omada for better health

Omada offers virtual programs that help members lose and manage weight, lower blood pressure and manage diabetes – all at no cost to you! Eligible members who choose to enroll with Omada will receive personalized health coaching, smart devices and online support communities in one of the three areas:

Omada for prevention and weight health: Virtual lessons, food tracking and a personal health coach help you learn how to build healthier routines.

Omada for diabetes: Members receive blood glucose meter, test strips, lancets and a smart scale. Plus, eligible members will also receive two continuous glucose monitors (with prescription).

Omada for hypertension: Working with your care team to track your numbers, you'll learn ways to lower your blood pressure beyond medication and build healthy habits.

To find out if you are eligible and start your registration, visit omadahealth.com/soi.

Omada Health is a separate company that provides care and disease management services.

Regence Empower

September webinar: Dig into wellness

Join the Regence Empower team at 12:30 p.m. MT on Sept. 17, for the Get Grounded webinar! Find out how gardening and working with soil can boost your microbiome, improve your mental health and more.

Those who attend will be entered into a drawing to win a Foragers Galley mushroom grow kit, a Buzzy herb grow kit, metal garden stakes and *Braiding Sweetgrass* by Robin Wall Kimmerer.

Save your spot and [register here](#) today!

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.

Special enrollment period: A special enrollment period – sometimes called an SEP – allows you to enroll in or make changes to your health plan outside of the annual open enrollment period. Examples of qualifying life events that could trigger a special enrollment period include getting married or having a baby.