

HOW TO FIND A PRIMARY CARE PROVIDER

Regence Online

When it comes to managing your health care, you deserve more support and less complexity. That's why Regence offers a personalized digital experience on www.regence.com and in the mobile app.

One experience, any device: Everything you need is in one place. Check your claims, view your benefits, find in-network doctors and personalized insights, and chat with Customer Service. All this right from your own home screen — a convenient way to take care of yourself and save money along the way.

Get Started! Download the Regence app or go to www.regence.com and create an account. All you need is your member ID card to get started.



Find a Provider

You can also find the most up-to-date list of network providers on Regence's website or mobile app. The system will show you participating providers specific to your network, along with benefits specific to your enrollment.

- Go to www.regence.com.
- Click the drop-down menu (the three-line menu bars) in the upper-left corner and click "Find a Doctor."
- If you're not logged in, you'll need to:
 - Click the "Choose a Network" button.
 - Type in "National Blue Card PPO."
 - Click the network name to continue.
 - Click "Confirm selection" to go to the search tool.
- Be sure to enter your location on the top right to find providers near you.

Make the most of your plan

The best way to get your health plan to work for you is by selecting in-network providers. A network is a group of doctors, hospitals, and other health care providers that have worked with Regence to provide you special pricing. Here's how it works:

In-network \$	Out-of-network \$\$\$
Your doctor cannot bill you for amounts over what Regence allows and handles all the paperwork. This helps keep your cost low.	Your doctor can bill for amounts over what Regence allows. They don't have to submit the claim for you. They may require pay for care up front. They don't have to comply with pre-authorization and medical record requirements, so your claims can be denied.