

What’s the Individual and Family Network?

It’s the doctors, facilities and practitioners we’ve contracted with to provide care to our members at a discounted price. It includes providers and facilities in Oregon, as well as providers in Idaho, and parts of Utah and Washington.

Why is it important to see a doctor or go to a facility in the network?

We’ve negotiated discounted prices with our in-network providers. Your benefits are applied to the lower, discounted price—not to the provider’s full rate for the care. Regence pays a larger portion of the discounted price, which means you pay less.

What happens if you choose an out-of-network provider?

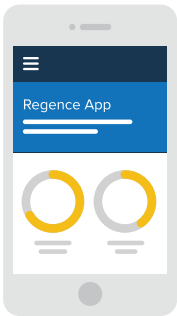
All of our medical plans are Exclusive Provider Organization (EPO) plans, which offer no coverage outside the network (excluding emergency care). To avoid surprise bills, you must be very careful to always see an in-network provider. Find in-network providers at regence.com.

What if you’re traveling?

You have in-network access to Blue Plan emergency and urgent care facilities across the country through the BlueCard® Program and worldwide through Blue Cross Blue Shield Global Core.

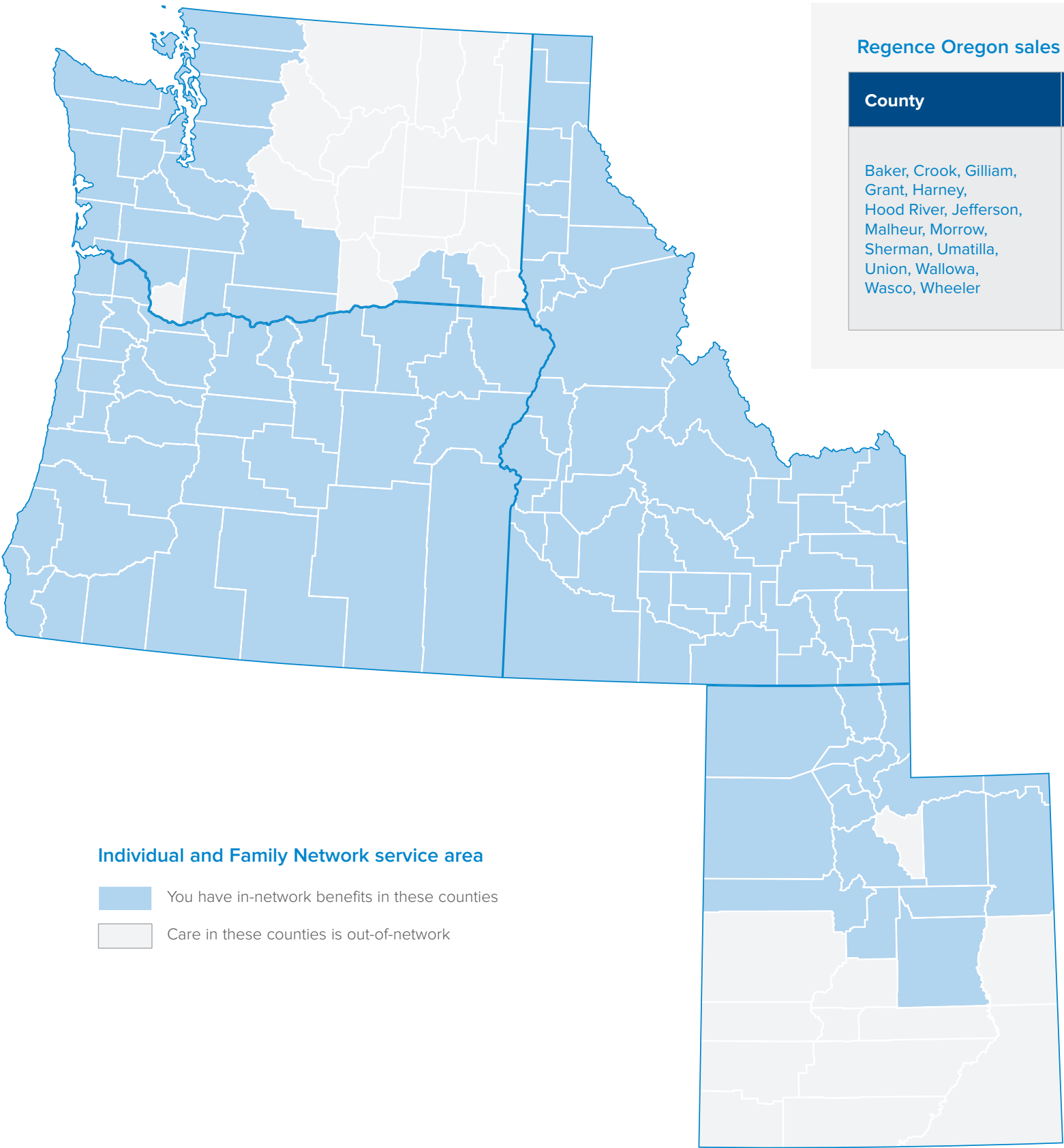
Care from anywhere with MDLIVE

No matter where you are, you can always use MDLIVE. All of our plans cover MDLIVE telehealth care, which lets you access board-certified doctors via phone or video chat 24/7, 365 days a year.



Download the Regence app!

The Regence app is available for free for Android and iOS. It gives on-the-go access to a digital member ID card. In addition to seeing claims and benefit information, you can use it to find in-network doctors and estimate costs. Once the app is installed, all that’s needed to sign in is a fingerprint.



Regence Oregon sales area

County	Plan
Baker, Crook, Gilliam, Grant, Harney, Hood River, Jefferson, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Wheeler	Silver HSA 2500 EPO, Bronze HSA 5000 EPO, Standard Silver Plan EPO, Standard Bronze HSA Plan EPO, Bronze Essential 7150 EPO

Individual and Family Network service area

- You have in-network benefits in these counties
- Care in these counties is out-of-network