



A companion to your coverage, Vitality supports your commitment to wellness

## Welcome to Regence Vitality<sup>SM</sup>

As a Regence member, you and enrolled family members have access to Vitality—an array of resources, tools and programs designed to help you improve and maintain your health. **These programs are not insurance but are offered in addition to your medical plan to help you take charge of your health.** Your participation in these programs is free, voluntary and completely confidential.

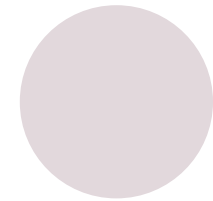
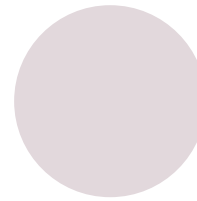
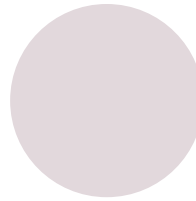
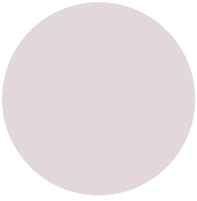
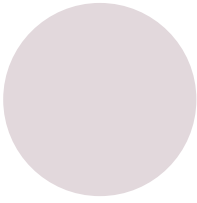
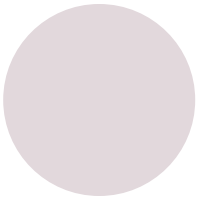
### **myRegence.com**

**myRegence.com** is an online resource designed to advise, navigate and reward you in all your health care decisions. Take a health risk assessment, check your claims, enroll in an online wellness program, find a doctor, check a cost estimator or learn about health issues—**myRegence.com** has something for everyone. Visit **myRegence.com** and click on “Register Now” to get started.

### **Regence Health Coach<sup>SM</sup>**

Personal health coaches work with you one-on-one to set and reach goals for a healthier life. Receive personalized support and educational resources for weight management, exercise, nutrition, smoking cessation and more—all with the focus of getting and staying healthy. And you'll receive Rewards points through **myRegence.com** for completing the program. To learn more about the Regence Health Coach program, or to speak with your own personal health coach after completing your Health Risk Assessment on **myRegence.com**, call 1 (800) 856-8543.





### CareEnhance®

Registered nurses are available 24/7 to answer health-related questions and help you make informed decisions about when, where (or if) to seek care. If you're not sure whether to visit the emergency room, see your doctor or treat your problems at home, the nurses are there when you need them, anytime day or night. To speak to a CareEnhance nurse, call 1 (800) 267-6729.

### Special Beginnings®

Nurses help expectant mothers throughout their pregnancy. Moms-to-be receive their choice of a maternity book or DVD, materials tailored to their needs, toll-free access to a nurse 24/7, and Rewards points through **myRegence.com** for completing the program. If you're pregnant or would like more information about Special Beginnings, call 1 (888) JOY-BABY [569-2229].

### Case Management

With Regence Vitality, you also receive help and support for you and your family in the event of a sudden or serious illness or injury. We'll assign an experienced, compassionate nurse case manager to serve as your personal advocate during a time when you need it most, to help you understand your treatment options, show you how to get the most out of your benefits, and work with your physician to support your treatment plan. To learn more or to speak with a nurse, call 1 (866) 543-5765.

