

Health Insurance

B Did you know? **A W**

Tip of the Month

As a Regence BlueShield member, information about your account as well as various wellness programs and tips are right at your fingertips through the Regence Engine. By simply creating a user name and password and entering your Regence group number, you can take advantage of some amazing benefits, not to mention you can check on the status of any claim.

What does Regence Engine have to offer?

- Access to articles about healthy eating, how to quit smoking and how to keep your kids active in the winter time, as well as the latest industry information
- Access to online programs such as the Healthier Diet Program, the Diabetes-Fighting Program and the Get in Shape Program.
- Access to information on various medications that are available and a search engine that allows you to find drugs based on a symptom or injury.

These are only a few of things available to members through Regence Engine. To find out more about Regence Engine and to set up a member login go to www.wa.regence.com/member/health/ and click on the Regence Engine link.