

Health Insurance

B Did you know? **A W**

Tip of the Month

as a Regence Blue Shield or Group Health Co-op member you're eligible to receive prescriptions via mail? That's right, you could be receiving your regular prescriptions without ever leaving your home.

Regence members have access to the Postal Prescription Service (PPS), a mail-order service which can be refilled over the phone, online, or via mail. PPS delivers a 90-day supply of medication for your convenience.

Group Health members also have access to a mail-order service directly through Group Health Cooperative. Members can receive a 90-day supply of medications and make refills over the phone, online or via mail. Both of these services require first time orders be made via mail with the written prescription from the doctor included. Once the initial order has been made, refills are easy.

If you're a **Regence** member and would like more information on receiving your prescriptions through the mail, go to www.regencerox.com/prescriptions/mailOrder/index.html. If you're a **Group Health** member, go to www.ghc.org/pharmacy/mailorder.jhtml.