

BIAW

Did you know?

Tip of the Month

As a Regence BlueShield health care participant through the BIAW Health Insurance program, you can set up a Personal Health Record (PHR) through myRegence.com? A Personal Health Record can help you take charge of your health care by providing better access to your health conditions, medications and procedures.

What is a Personal Health Record?

Do you ever go to the doctor and find you can't answer some basic questions about your medical history? With a PHR you can have immediate access to some of those hard to answer questions like, what medications you're taking, the date of your last physical or the date of your last tetanus shot. From medications to hospitalizations, your PHR stores all your health information in one easy place. And, it is controlled and maintained by you!

The Personal Health Record allows you to keep track of things like:

Allergies; Emergency Contacts; Immunizations; Medications

To find out more about creating a Personal Health Record, login to www.myregence.com and select "Personal Health Record" under the "My Health" tab. You will find step-by-step instructions on how to set up your Personal Health Record, as well as answers to frequently asked questions.

To find out more about this benefit or for more information about the BIAW Health Insurance Program, call EPK & Associates at (800) 545-7011 ext. 6.