Regence

Find the right care at the right price: A step-by-step guide

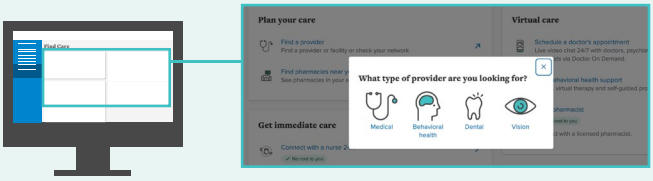
Health care shouldn't be a headache. With our easy-to-use tools at **regence.com** and on the Regence app, you can do the things you need to do—without the hassle.

How to search for an in-network provider

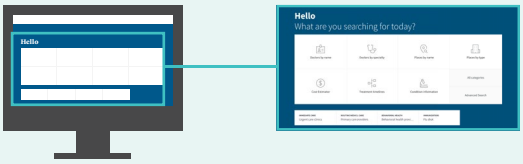
When you stay in network, you'll save money and avoid surprise medical bills. Here's how to search for doctors, specialists and clinics in your network.

Step 1: Sign in to **regence.com**.

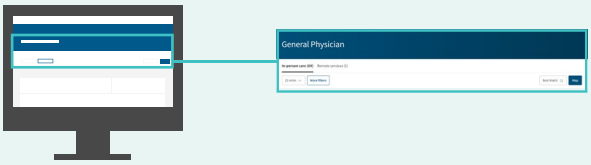
Step 2: Click on **Care** on the left navigation bar. Select **Find a provider**. Then choose **Medical**.



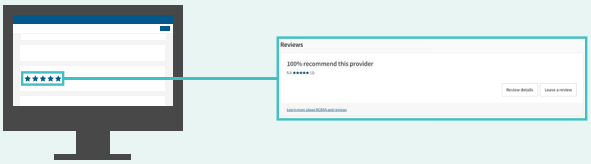
Step 3: Choose a search category (*Doctors by name*, *Doctors by specialty*, etc.) and enter your search term.



Step 4: Select **More filters** to narrow the results by distance, gender, languages spoken, ethnicity and more.



Step 5: Choose a provider to see more details, including reviews by other patients.

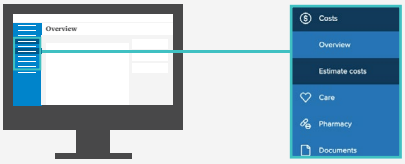


How to get a cost estimate

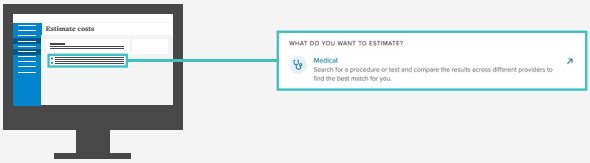
Get help making the right financial decisions with estimated costs for office visits, imaging, surgeries, immunizations, physical therapy and more—all based on your benefits.

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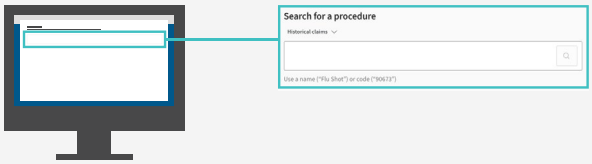
Step 2: Click on **Costs** in the menu to the left, then **Estimate costs**.



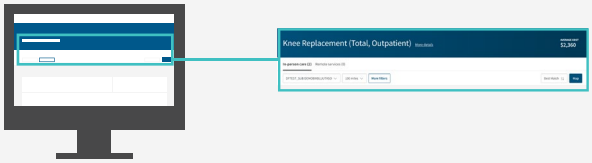
Step 3: Choose **Medical** under "What do you want to estimate?"



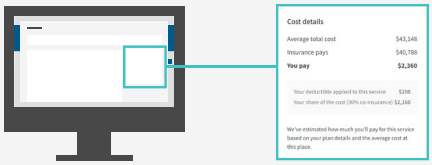
Step 4: Enter the service, treatment or procedure you'd like an estimate for, such as "MRI" or "knee replacement."



Step 5: Select **More filters** to narrow the results.



Step 6: Click **More details** under each estimated cost to see a price breakdown.



Cost estimates are calculated with your benefits in mind, including your deductible and out-of-pocket maximums, so you see only what you would be estimated to pay.

How to use these tools on the Regence app

With the Regence app for iPhone and Android, you can tap into these tools—as well as all your health plan info—when you're on the go.

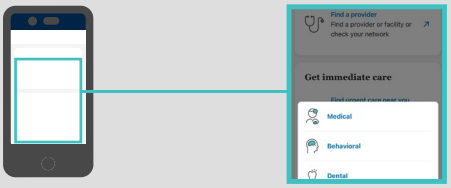
To find in-network providers:

Step 1: Download the app if you haven't already and sign in with your existing Regence account.

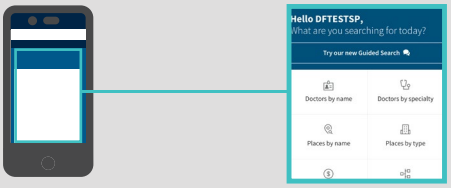
Step 2: From the home screen, tap **Find care**.



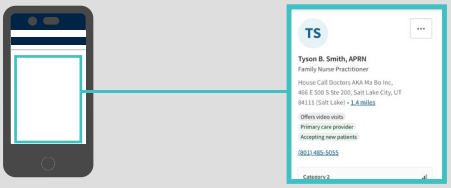
Step 3: Tap **Find a provider**, then select **Medical**.



Step 4: Choose your search category and enter your search term. Tap **Filter** to narrow your results.



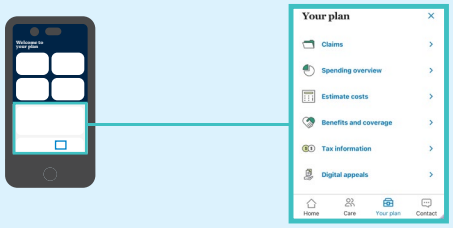
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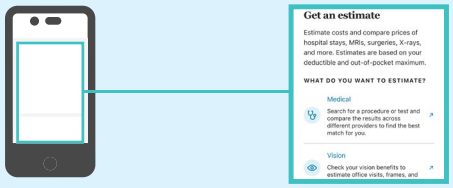
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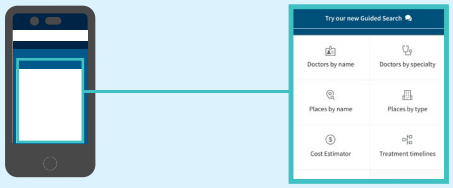
Step 2: Tap **Your plan** on the bottom navigation bar, then select **Estimate costs**.



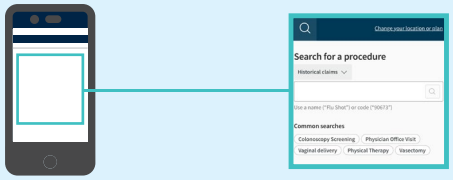
Step 3: Select **Medical**.



Step 4: Choose **Cost Estimator** from the search categories.



Step 5: Enter the service, treatment or procedure you'd like an estimate for. Tap **Filter** to narrow your results.



Step 6: Tap **More details** under each estimated cost to see a price breakdown.

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Cost estimates are calculated with your benefits in mind, including your deductible and out-of-pocket maximums, so you see only what you would be estimated to pay.

Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association

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