Meet all your health information needs in a single solution

The CIS Health Manager on **regence.com** makes it easier to find what you need

With the CIS Health Manager, you have a single solution for beneficial information, customized for you. Use your computer, phone or tablet to easily access health benefits, telehealth and behavioral health resources, explanations of benefits, wellness tools and much more. Here are helpful tools that are integrated into a single solution:

BeyondWell℠

Wellness activities, goal setting and rewards are all in one place for a personalized well-being experience.

Healthy Benefits

The CIS Healthy Benefits program provides financial assistance for certain weight management and tobacco cessation programs.

MDLIVE

With MDLIVE, you can securely chat with a doctor by phone or video, 24/7 wherever you are.

VSP: Vision

Your vision plan uses the VSP Choice network of providers. View your benefits, find a provider, get special offers and shop for eyewear.

Telehealth

You also have another telehealth option. Chat by phone or video with in-network providers who offer this service. Reach out to your doctor or clinic to find out if they provide virtual care.

Express Scripts

Express Scripts provides prescription drug coverage. Sign in to the CIS Health Manager for more information.

Hinge Health

Take control of your joint and back pain through our virtual physical therapy option. Join the thousands of people who have cut their pain through easy-to-do 15-minute exercise therapy sessions.

If you're considering surgery, Hinge Health also gives you an option to access in-network surgeons and a care advocate to guide you through care and recovery to get you to the finish line.

Pregnancy program

Get support from caring professionals throughout your pregnancy with our maternity management program. A nurse will reinforce your doctor's or midwife's care and answer questions 24/7.

Start with your CIS Health Manager!

Download the Regence app or go to **regence.com** to create an account. All you need is your member ID card to get started.

Regence

BeyondWell is a separate company that provides health information services. Hinge Health is a separate company that provides virtual physical therapy services. MDLIVE is a separate company that provides telehealth services. Express Scripts and VSP do not provide Blue Cross Blue Shield services and are separate companies solely responsible for their products/services.

CIS
cis benefits
cisbenefits.org

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