

Regence Individual & Family Network

The Individual and Family Network is our largest network. With BlueCard®, you have a wide choice of primary doctors, specialists, hospitals and clinics throughout Washington. You also get access to providers in Oregon, Idaho and Utah. The Individual and Family Network in Washington is made up of:*

5,270+
PCPs

35,240+
specialists

88
ambulatory surgery
centers (ASCs)

51
hospitals

Get in-network virtual care from anywhere, anytime

Advice24

Call or chat** with a registered nurse for guidance on the most appropriate care option and help with common health issues.

Doctor On Demand

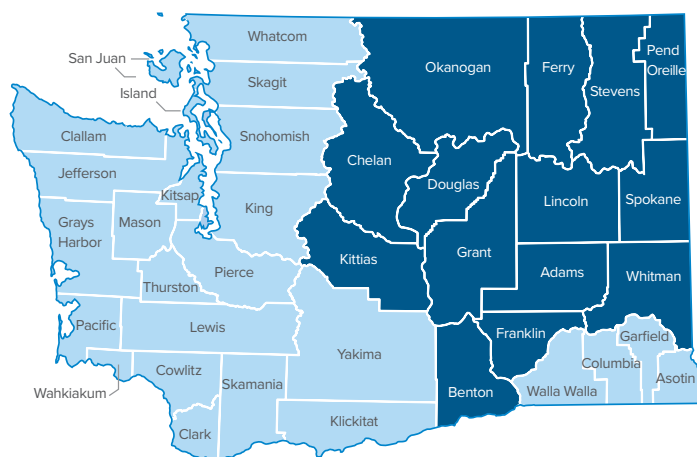
Access board-certified doctors and mental health providers via the app or video chat for telehealth virtual visits.

Individual Assistance Program

Get extra support for life's challenges with four counseling sessions per incident and family, legal and financial services.

Virtual muscle & joint support

Get help managing mobility and pain in joints, spine and muscles with a personalized virtual exercise program.



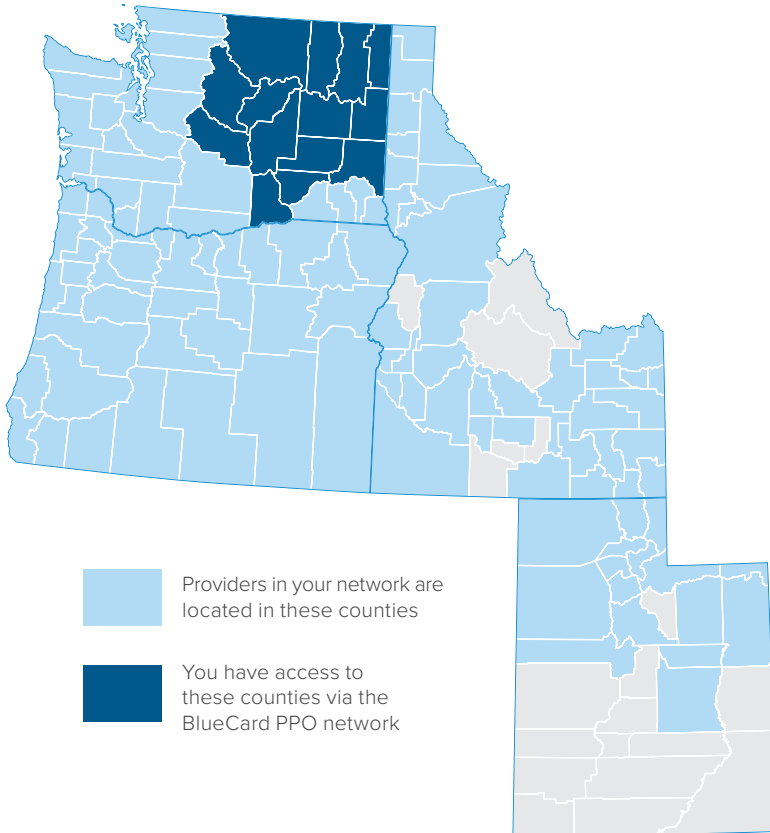
Providers in your network are located in these counties

You have access to these counties via the BlueCard PPO network

Hospitals

This list is not comprehensive and subject to change. Please use our [provider search](#) to view all providers in the Individual and Family Network. Or, you can call Customer Service at 1-888-REGENCE (734-3623).

Arbor Health	Klickitat Valley Health	PeaceHealth Peace Island Medical Center	UW Medical Center - Northwest
Astria Sunnyside Hospital	Mason General Hospital	PeaceHealth St. John Medical Center	Valley Medical Center
Astria Toppenish Hospital	MultiCare Auburn Medical Center	PeaceHealth St. Joseph Medical Center	Virginia Mason Medical Center
Cascade Valley Hospital	MultiCare Capital Medical Center	PeaceHealth United General Medical Center	VMFH St. Anne Hospital
Dayton General Hospital	MultiCare Covington Medical Center	Prosser Memorial Health Hospital	VMFH St. Anthony Hospital
EvergreenHealth Medical Center	Multicare Good Samaritan Hospital	Providence Regional Medical Center Everett	VMFH St. Clare Hospital
EvergreenHealth Monroe	MultiCare Mary Bridge Children's Hospital	Providence St. Mary Medical Center	VMFH St. Elizabeth Hospital
Forks Community Hospital	MultiCare Tacoma General Hospital	Seattle Children's Hospital	VMFH St. Francis Hospital
Fred Hutchinson Cancer Center	MultiCare Yakima Memorial Hospital	Skagit Valley Hospital	VMFH St. Joseph Medical Center
Grays Harbor Community Hospital	Ocean Beach Hospital	Skyline Hospital	VMFH St. Michael Medical Center
Harborview Medical Center	Olympic Memorial Hospital	Summit Pacific Medical Center	WhidbeyHealth Medical Center
Island Hospital	Overlake Medical Center	UW Medical Center - Montlake	Willapa Harbor Hospital
Jefferson Healthcare			
Kaiser Permanente Capitol Hill Campus			
Kittitas Valley Healthcare Hospital			



Washington Regence IAFN in-network providers are available in these counties:

Asotin	Mason
Clallam	Pacific
Clark	Pierce
Columbia	San Juan
Cowlitz	Skagit
Garfield	Skamania
Grays Harbor	Snohomish
Island	Thurston
Jefferson	Wahkiakum
King	Walla Walla
Kitsap	Whatcom
Klickitat	Yakima
Lewis	

You also have access to these counties via the BlueCard PPO network:

Adams	Kittitas
Benton	Lincoln
Chelan	Okanogan
Douglas	Pend Orielle
Ferry	Spokane
Franklin	Stevens
Grant	Whitman



Search in-network providers in Washington
<https://regence.com/go/WW/IFN>

How to use a QR code

Open the camera app on your phone and point the camera toward the QR code you want to select. When a link shows up over the code, tap it to go to the website.