

Regence Individual Connect network

The Individual Connect 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 Idaho, Oregon and Utah.

4,800
PCPs

33,018
specialists

87
ambulatory surgery
centers (ASCs)

43
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

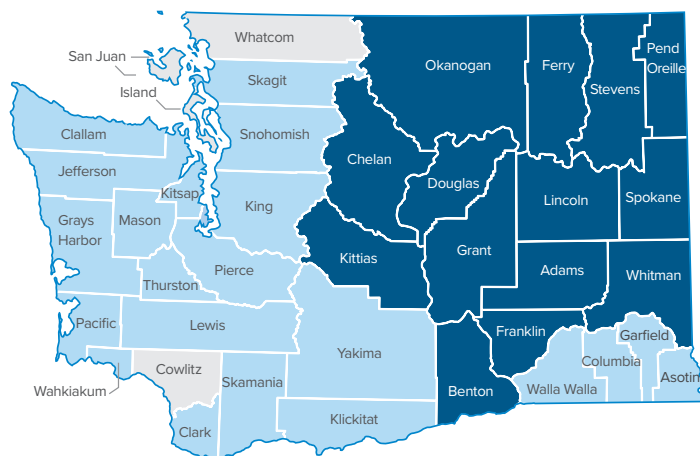
Access board-certified doctors and mental health providers via the app or video chat for telehealth virtual visits.

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.



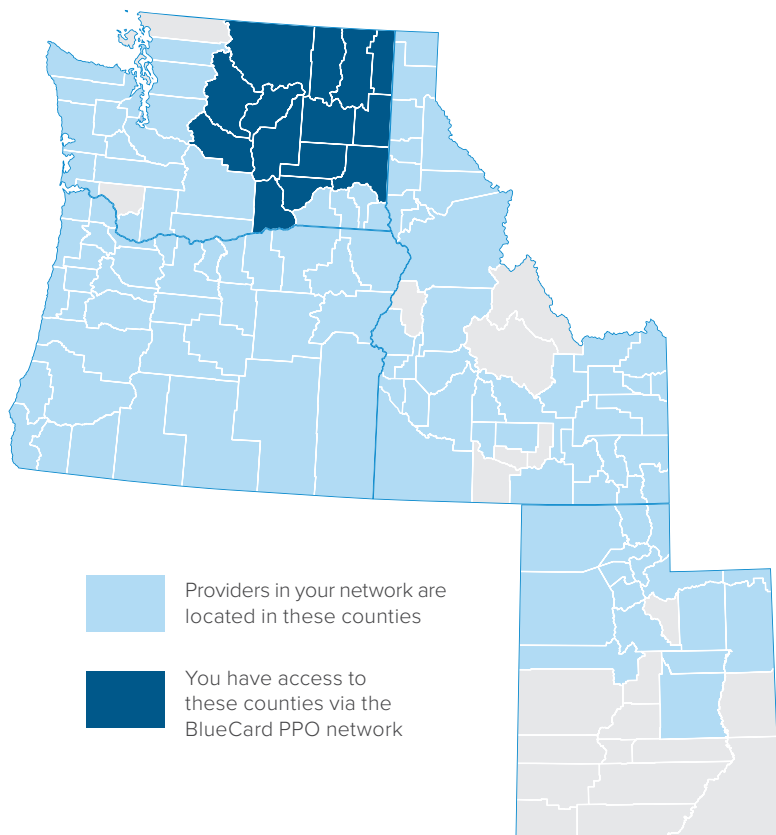
Providers in your network are located in these counties

You have access to these counties via the BlueCard PPO network

Hospitals

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

Arbor Health	Prosser Memorial Hospital	Swedish First Hill
Astria Sunnyside Hospital	Providence Regional Medical Center Everett	Swedish Issaquah
Astria Toppenish Hospital	Providence St. Mary Medical Center	Swedish Mill Creek
Cascade Valley Hospital	Providence St. Peter Hospital	Swedish Redmond
Dayton General Hospital	Seattle Children's Hospital	VMFH St. Anne Hospital
Forks Community Hospital	Skagit Valley Hospital	VMFH St. Anthony Hospital
Grays Harbor Community Hospital	Skyline Hospital	VMFH St. Clare Hospital
Jefferson Healthcare	Summit Pacific Medical Center	VMFH St. Elizabeth Hospital
Kittitas Valley Healthcare Hospital	Swedish Ballard	VMFH St. Francis Hospital
Klickitat Valley Health	Swedish Cherry Hill	VMFH St. Joseph Medical Center
Mason General Hospital	Swedish Edmonds	VMFH St. Michael Medical Center
Olympic Memorial Hospital		Willapa Harbor Hospital



Regence Individual Connect in-network providers are available in these Washington counties:

Asotin	Mason
Clallam	Pacific
Clark	Pierce
Columbia	Skagit
Garfield	Skamania
Grays Harbor	Snohomish
Jefferson	Thurston
King	Wahkiakum
Kitsap	Walla Walla
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/IndividualConnect>

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.