

Plans available statewide

Family deductible and out-of-pocket maximum (OOPM) is 2x individual	Bronze Essential 8500 With 4 Copay No Deductible Office Visits	Bronze HSA 7000	Silver 6200	Direct only Silver 5000	Gold 2300	Standard Bronze Plan	Standard Silver Plan	Standard Gold Plan
In-network deductible	\$8,500	\$7,000	\$6,200	\$5,000	\$2,300	\$9,200	\$5,500	\$1,500
In-network OOPM	\$9,200	\$8,050	\$9,200	\$9,200	\$9,200	\$9,200	\$9,200	\$7,000
Preventive care	Covered in full							
Virtual care	Covered in full	50%	\$10	\$10	\$10	\$5 for first 3 combined primary, behavioral or virtual visits, then \$50 copay	\$5 for first 3 combined primary, behavioral or virtual visits, then \$40 copay	\$5 for first 3 combined primary, behavioral or virtual visits, then \$20 copay
Outpatient behavioral health	10%	50%	\$10	\$20	\$10			
Primary care (in person)	\$60 per visit (4 max); then deductible & coinsurance; primary / spec. / urgent	50%	\$10	\$20	\$10			
Specialist (in person)		50%	\$50	\$60	\$60			
Urgent care (in person)		50%	\$50	\$60	\$60	\$100	\$70	\$60
Emergency room	10%	50%	10%	10%	10%	0%	30%	20%
Lab & X-ray	10%	50%	10%	10%	10%	0%	30%	20%
Inpatient hospital	10%	50%	10%	10%	10%	0%	30%	20%
Acupuncture (12 visits / year) / spinal manipulations (20 visits / year)	10%	50%	\$10	\$20	\$10	\$50	\$40	\$20
In-network coinsurance for other covered medical care	10%	50%	10%	10%	10%	0%	30%	20%
Pediatric dental & vision up to age 19	Vision: 1 routine eye exam and eyewear Dental: 2 exams and cleanings covered 100%, plus coverage for basic and major services					Vision: 1 routine eye exam and eyewear Dental: Not covered		
Insulin cost cap	\$35 cap on member cost-share per 30-day supply. \$105 cap on member cost-share up to 90-day supply.							
Optimum Value Medication List	Deductible waived for specific medications used to treat chronic conditions (cardiovascular, diabetes, mental health, respiratory, osteoporosis) and anticonvulsants. <a href="#">See the list.</a>							
Tier 1: Rx generic	\$20	20%	\$10 Marketplace / \$9 Direct	\$9	\$5	\$25	\$15	\$10
Tier 2: Rx preferred brand-name	30%	30%	20%	30%	20%	0%	\$60	\$30
Tier 3: Rx brand-name	40%	40%	40%	40%	40%	0%	50%	50%
Tier 4: Rx specialty	40%	50%	50%	50%	50%	0%	40%	40% with a \$500 cap per prescription

= Deductible waived

= Coinsurance percentage applies after deductible is met

## Easier access to care

### What you get with Regence

- No referrals needed, including specialists
- Broad network: All counties in Oregon, as well as parts of Idaho, Utah and Washington
- Pediatric dental (on most plans) and vision built in
- 4 counseling visits per incident and life-balance services at no additional cost through the Individual Assistance Program
- Help managing mobility and pain in joints, spine and muscles with a personalized virtual exercise program
- Advice24 guidance to self-care, doctor's office, urgent care, ER or virtual care
- More programs that support a range of wellness needs, an Rx guidance tool, maternity support, and discounts on health-related products and services\*

### Get in-network virtual care from anywhere, anytime

All plans include Doctor On Demand for access to board-certified clinicians. Go online to get in-network virtual care for urgent care needs 24/7/365 and schedule appointments for mental health care needs.

The Bronze Essential 8500 offers a dedicated primary care provider and integrated care experience with Doctor On Demand's Virtual Primary Care.



### Make sure we cover your drugs

[Search our covered-drug list](#) or use the QR code.

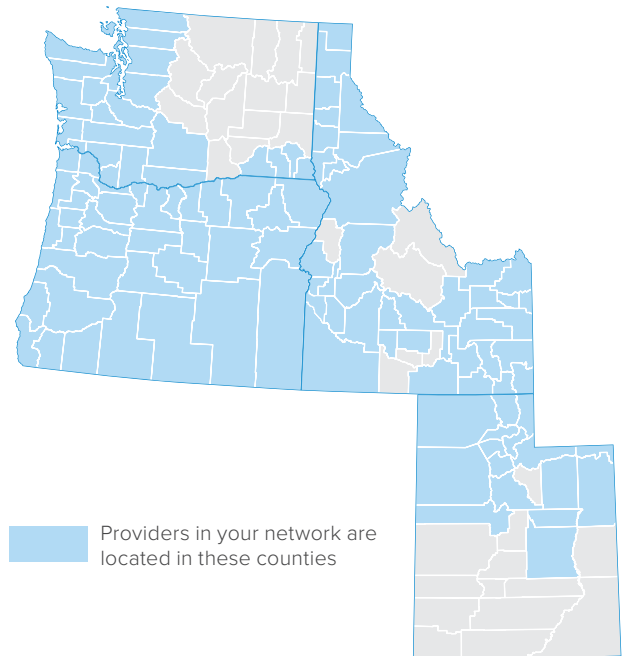
### Create a member account

Your account on [regence.com](https://www.regence.com) and the app makes it easy to:

- Review your claims and benefits
- Pay your premium
- Compare medication costs and effectiveness
- Estimate your medical costs
- Chat with Customer Service

## Save with the Individual & Family Network

We've contracted with doctors, facilities and practitioners to provide you with care at a discounted price.



### The network includes many providers across the state



Please visit [regence.com](https://www.regence.com) or call us at 1-888-REGENCE (734-3623) for current info on in-network doctors and hospitals. Or use the QR code.

### Only emergency and urgent care is covered outside the network service area

If you get care outside the service area (see map), you're covered ONLY for urgent and emergency facilities and ambulances, which are covered at the in-network cost-share no matter where you are.

### You have no other coverage outside the network

To avoid high out-of-pocket costs and surprise bills, always stay in your network. It's easy to find in-network doctors and hospitals. Just visit [regence.com](https://www.regence.com) or our app or call Customer Service at 1-888-REGENCE (734-3623).



Doctor On Demand is a separate company that provides telehealth services.

Regence BlueCross BlueShield of Oregon  
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