

Welcome to  
Better Health

A Weekly Update  
for Asante Employees

Every patient,  
every day, every time.

# ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

Every employee who is enrolled in an Asante Health Plan has an online account waiting to be activated with Regence, the organization's new health plan administration. So Asante employees are urged to go online and get into the [regence.com](http://regence.com) game.

Regence.com is the complete source of health and wellness information for everyone working at Asante. Looking for status on a claim or a copy of your explanation of benefits (EOB)? Eager to start earning those wellness incentives? Trying to find an Asante or Regence preferred provider? Visit [regence.com](http://regence.com) for all that and more.

To get started, just follow these steps:

1. Go to [regence.com](http://regence.com) and click "Register"
2. Complete the required Plan Information fields. The name, member ID and group numbers you enter must match your Regence member ID card. You do not need to enter the "AKR" before your member ID number
3. Complete the Account Information fields
4. Create a user name and secure password
5. Review your information, accept the User Agreement and click "Approve"



Once login is complete, the first page users will arrive at is their Member Dashboard. They can take a spin around and explore what the site has to offer.

### **Ready to start earning wellness incentives?**

From the Member Dashboard, access the wellness portal by clicking on the "Wellness tools" link toward the bottom of the Member Dashboard page. Users can also click on the "Start earning rewards" hyperlink on their Member Dashboard. Once a member has earned rewards, the link will display their point balance.

The first time members access the wellness portal, they will be asked a few questions to complete their wellness profiles. Once a profile is complete, the member will be taken to the wellness portal home page. Here they can learn about the many wellness incentives offered by Asante and the online tools and resources provided by Regence.com. With future logins, members will go directly to the wellness portal home page and will not be required to enter profile information.

Check back in future editions of *To Your Health* for more details on the wellness incentives offered by Asante and information on how to create a HealthEquity.com online profile. HealthEquity is the new administrator of Asante's Flexible Spending Accounts (FSAs), Health Reimbursement Arrangement (HRAs) and Health Savings Accounts (HSAs).