Meet all your health information needs in a single solution

The CIS Health Manager on regence.com

You lead a busy life. Now, with COVID-19 among us, life’s become more complicated.

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, care-on-demand resources, a COVID-19 symptom tracker and other tools to manage your health care.

Create an account on regence.com and get started.

Regence
The integration of helpful tools into a single solution

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

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

**Telehealth**
Now you 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.

**Healthy Benefits**
The CIS Healthy Benefits program provides financial assistance for certain weight management programs.

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

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