



This birthday's a big one

**Let's start thinking
about your next steps**

Get a Regence plan of your own

As you may know, when you turn 26, you'll lose coverage under your parent's health insurance plan.

Luckily, you qualify for a special enrollment period—a limited time during which you can sign up for a health insurance plan. **We recommend getting your own coverage during the 60 days before your 26th birthday.**

We'll help you find a health plan that's right for you.



What you get with Regence

From convenient virtual care to mental health resources, our health plans make it easy to take care of your whole self—body and mind. Here are some of the benefits you can enjoy when you stay covered with Regence.



100% covered preventive care

Be proactive with annual checkups, flu shots and screenings. Many in-network preventive care services are 100% covered by your health plan.



Virtual care

Have an appointment with a doctor or therapist from the comfort of home. Best of all, virtual visits usually cost less than in-person ones.



Mental health support on us

Choose from a variety of insurance-covered therapy and counseling options, including financial and legal guidance—at no extra charge.



Tools that make it easy

Make smart health care decisions with personalized tools on our website and app. Quickly find care, compare prices and get one-on-one support.



Members-only discounts

Save on alternative care, fitness devices and more, plus get 15% off over-the-counter products like vitamins, supplements and allergy medications.



Well-being programs

Reach your goals, whether it's practicing mindfulness or improving your sleep. Sync your fitness device for easy tracking, plus you may be able to earn rewards.



Finding your own coverage can seem daunting (and expensive), but we have a variety of plans for all different needs and budgets. Plus, you may qualify for federal subsidies that can lower your costs even more.

We're here to answer your questions and help you find a plan that fits. Give us a call at **1 (888) REGENCE** or visit regence.com/go/turning26



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