



## Meet all your health information needs in a single solution



### The CIS Health Manager on [regence.com](https://www.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](https://www.regence.com) and get started.

## The integration of helpful tools into a single solution



### BeyondWell<sup>SM</sup>

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



### Healthy Benefits

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



### MDLIVE<sup>®</sup>

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



### VSP<sup>®</sup>: Vision

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



### 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.



### Express Scripts<sup>®</sup>

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



BeyondWell, Express Scripts, MDLIVE and VSP are separate and independent companies that provide services for Regence members.