

What's the OHSU Plus Network?

It's the doctors, facilities and practitioners we've contracted with to provide care to our members at a discounted price. It includes OHSU Plus providers and facilities in Clackamas, Multnomah and Washington counties. Your OHSU Plus Network gives you a healthy edge. We've joined with your plan's exclusive network—OHSU and its partner health systems, Adventist Health Portland and Tuality Healthcare—to make sure you receive highly coordinated care. This makes for better service and healthier outcomes.

What happens if you choose an out-of-network provider?

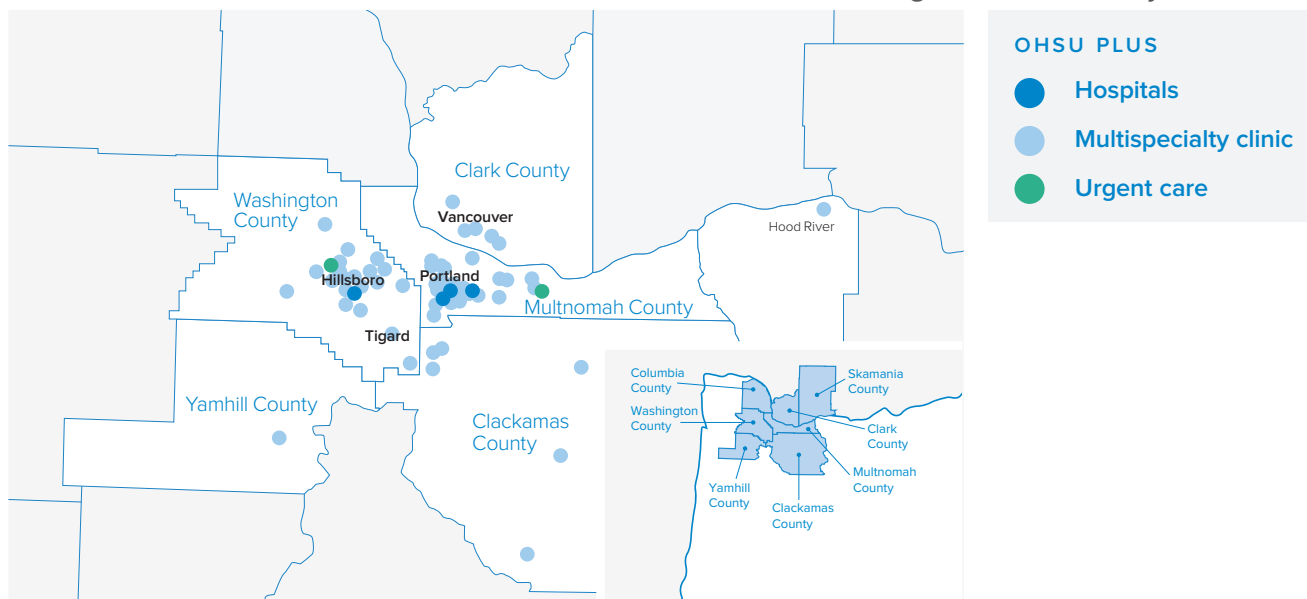
All of our medical plans are Exclusive Provider Organization (EPO) plans, which offer no coverage outside the network (excluding emergency care). To avoid surprise bills, you must be very careful to always see an in-network provider. Find in-network providers at [regence.com](https://www.regence.com). And make sure to ask your doctor's office if they're specifically in the **OHSU Plus Network** for Regence or call Customer Service at 1-888-REGENCE (734-3623).

What if you're traveling outside your network service area?

Emergency facilities and ambulances are covered at the in-network cost-share. When you use emergency facilities in the BlueCard® network outside Idaho, Oregon, Utah and Washington, you won't be balance billed.

You also have 24/7/365 in-network access to telehealth through Doctor On Demand™, and to urgent care and retail clinics through BlueCard.

OHSU Plus Network available to Clackamas, Multnomah and Washington residents only





Virtual visits from anywhere 24/7/365

All of our plans cover telehealth visits via OHSU Virtual Visits and Doctor On Demand, which let you access board-certified doctors on the go.

Download the Regence app!

The Regence app is available for free for Android and iOS. It gives on-the-go access to a digital member ID card. In addition to seeing claims and benefit information, you can use it to find in-network doctors and estimate costs. Once the app is installed, all that's needed to sign in is a fingerprint.



Doctor On Demand is a separate and independent company that does not provide Blue Cross and Blue Shield products or services, and is solely responsible for its products or services.



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Regence BlueCross BlueShield of Oregon
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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-344-6347 (TTY: 711).
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711)。