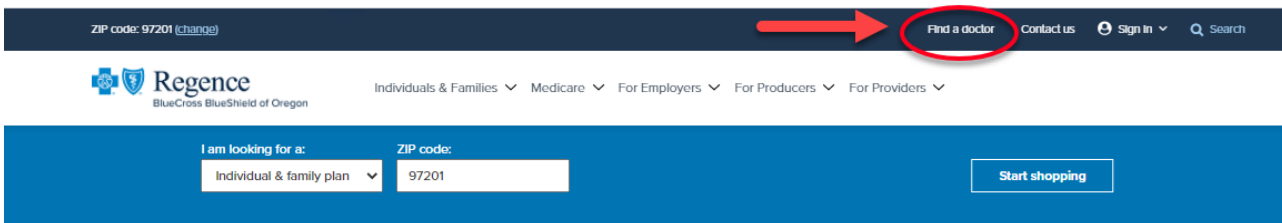
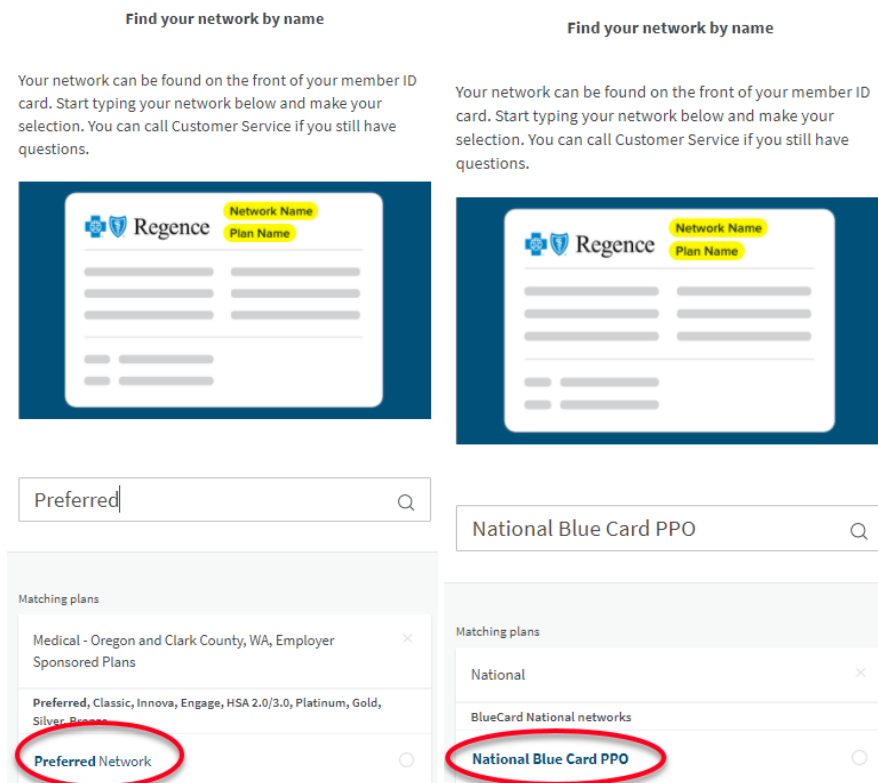


How to Find a Doctor

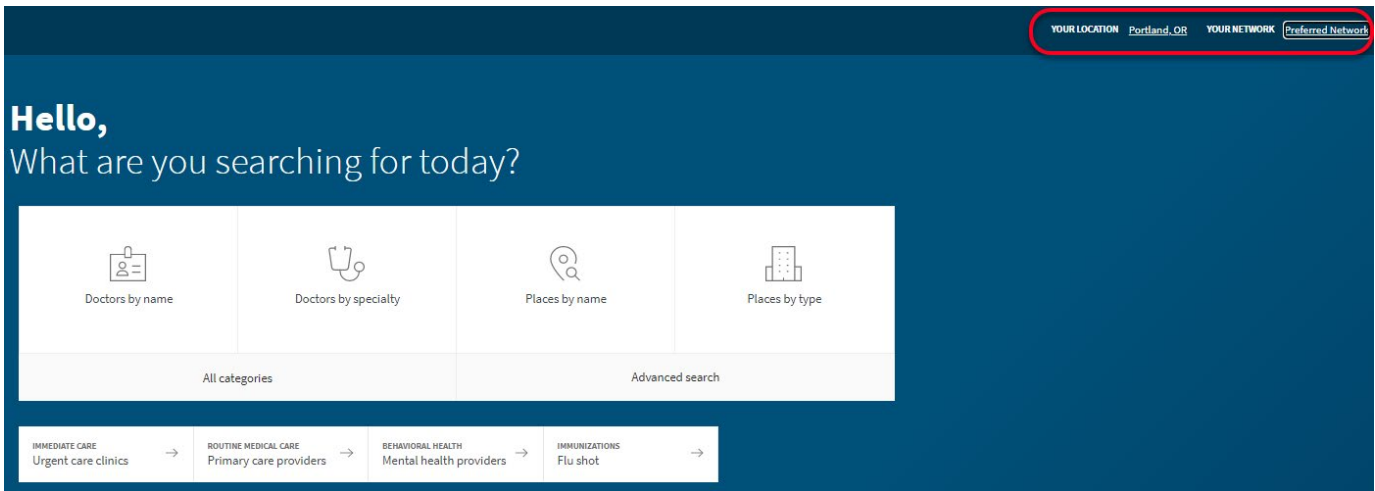
1. Go to www.Regence.com
2. Click on “Find a doctor” on the top right.



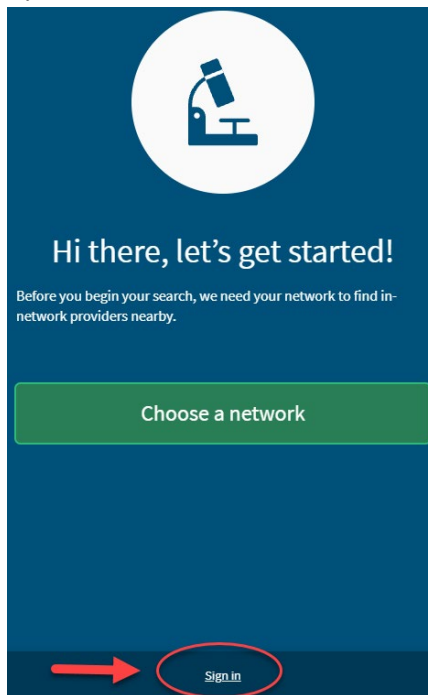
3. Find your network by name – Type in “**Preferred**” for members residing in OR, WA, ID, & UT. The network name will begin to auto populate below as you type in the information. For all other states, type “**National Blue Card PPO**”
4. Click on the network name to continue.




5. Click the confirm button on the next screen to lead you to the search tool. **Note:** Please be sure to enter your location on the top right to find providers near you. You will also see your selected network displayed.




6. If you have a Regence ID number or ID card, choose “SIGN IN” at the bottom of the page. Your plan network will be set up under your account based on your address, which can be modified if travelling, etc.



7. Enter your username or email and password to sign in. If you do not have a username or password, please **“Create an Account”** (you will need your Regence ID number and group number)

User name or email 

Password 

[Forgot user name / password](#)

[Sign in](#)

Don't have an account?

[Create an account](#)