

Find doctors and understand your costs

Get the most out of your coverage with the Find a Doctor and Cost Estimator tools



Find providers and get cost estimates at [regence.com](https://www.regence.com) and on our [mobile app](#).

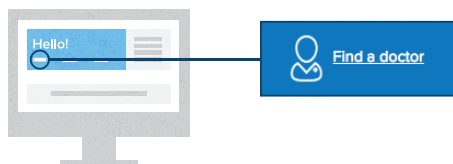
How to search for an in-network provider

Knowing your network can save you money, and we want you to get the most value out of your coverage. That's why we've made it easy to search for in-network doctors, specialists, clinics and pharmacies with our **Find a Doctor** tool. Here's how to use it:

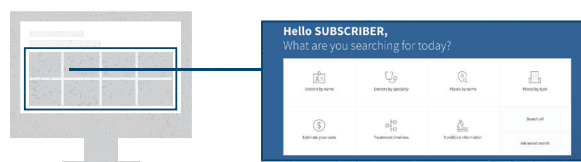
Step 1: Sign in to [regence.com](https://www.regence.com).



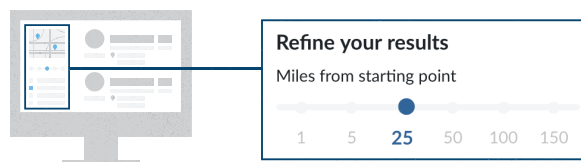
Step 2: Click **Find a Doctor**, then select the type of care you're looking for.



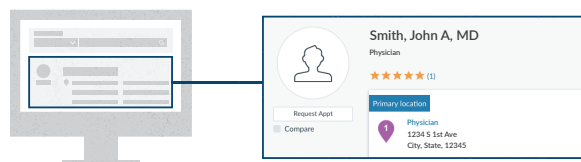
Step 3: Choose a search category (such as *Doctors by name*, *Doctors by specialty*, *Places by name*, etc.). Type in your search term, then hit *Enter* or click the magnifying glass.



Step 4: Choose a filter to narrow the results, including distance, gender, languages spoken and more.



Step 5: Select a provider or location name to review comments from other patients and see more details about the provider.



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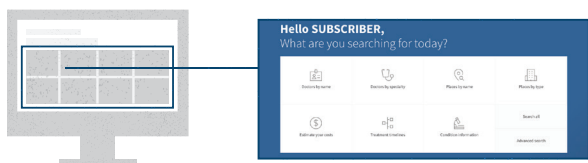
How to get a cost estimate

Where you receive care and who you see can have a big impact on your bill. So, take advantage of our handy **Cost Estimator** tool for common medical procedures and care, such as: office visits, imaging services, surgeries, immunizations, physical therapy and more. The Cost Estimator is only available to Regence members, so make sure you're signed in. Here's how to use it:

Step 1: Sign in to regence.com.

Step 2: Click **Find a Doctor** or **Cost Estimator**, then select the type of care you're looking for.

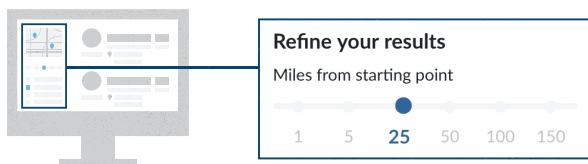
Step 3: Choose *Estimate your costs* from the options shown and then type in the service you want an estimate for.



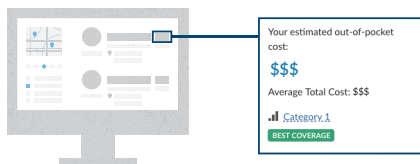
Step 4: Hit *Enter* or select the magnifying glass to see your results.



Step 5: Choose a filter to narrow the results, including distance, gender, languages spoken and more.



Step 6: Select the blue cost to see a price breakdown.



To see regional cost averages and treatment timelines, start at Step 3 and select *Treatment Timelines*.

Cost estimates are calculated with your benefits in mind, including your deductible and out-of-pocket maximums, so you see only what you would be estimated to pay.



Regence BlueCross BlueShield of Oregon
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Regence BlueCross BlueShield of Oregon
100 SW Market Street | Portland, OR 97201

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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).

Find doctors and costs on the Regence mobile app

Tap into your health—anywhere, anytime—with the Regence app for iPhone and Android. With features like **Find a Doctor** and **Cost Estimator**, you can easily manage your benefits and make quick health care decisions on the go.

Step 1: Sign into the Regence mobile app. Your username and password are stored after the first use, so you can use biometric sign-in (such as face recognition or thumbprint ID) for faster access.

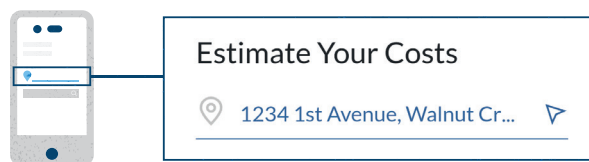
Step 2: Tap the **Find a Doctor** icon on the Member Dashboard, then select the type of care you're looking for.



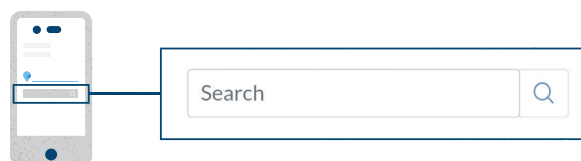
Step 3: Choose your search category, including *Estimate your costs* if you're looking for cost results.



Step 4: Make sure the right search location is selected (home, work or somewhere else).



Step 5: Type in your search term and click the blue magnifying glass to view your results.



Step 6: Filter your results and review provider/location information.

