Get high-quality care & superior support with Regence

As your dedicated health partner, Regence is here to support you through life's ups and downs. From whole-person care to virtual visit options, we've got you covered.

Founded in 1944 as Utah's first health insurer, Regence BlueCross BlueShield of Utah now serves nearly 734,000 people. With Regence, you get affordable, high-quality care and access to our broad network of top providers in Utah and across the country.

National network strength

We take pride in offering access to the University of Utah Hospital system in every Regence network. Continue to visit the in-network hospitals, care centers and doctors you trust most. Plus, the Regence national network includes 83% of physicians and 97% of hospitals.

Find a Regence doctor

Service that goes the extra mile

Our customer service experts—who live and work right here in Utah—deliver superior local support to members across the state. Our goal is always to give you compassionate assistance and the answers you need on the first call.

Tools that make health care simpler

With the Regence app, you can continue to check your costs, view benefits and claims, see your care history and more—all in one secure place. It's easy to find a new provider using our search tool, estimate the cost of an upcoming procedure, chat with Customer Service, view your member ID card and more.

Ready to choose Regence?

If you're already on a Regence health plan, sit back and relax. No further action is needed to maintain access to all your Regence benefits. If you aren't yet a member, you can enroll in a Regence plan through **May 31, 2025**. Have questions? Give us a call at **1-800-262-9712**. We're here to help.