

## Contact Information for Insurance

All insurance vendors have online access for members. You can easily print Explanation of Benefits (EOB) statements or ID cards by logging into your account at the following insurance vendor websites or you can call them at the below numbers for assistance.

### Medical

#### Regence Blue Shield of Idaho

**1-866-240-9580**

1-866-218-9163 Consejeros Program (Spanish Customer Service)

[www.regence.com](http://www.regence.com)

1. Click on “Register now” then either enter your existing user name and password or if you are a new user Click on “Register Here”
2. Please have your Regence card with you while registering, if that is not available you can call Regence for your ID number and group number.
3. To print a temporary ID card - While logged in, click on “Print or order member ID cards” located on the right hand side under the “My Account” heading.

Download the Regence app for your phone – your ID cards are available here

### Telehealth (Virtual Doctor)

#### MD Live

**1-888-725-3097**

[www.mdlive.com/wincobenefits](http://www.mdlive.com/wincobenefits)

Click on “Activate Now”

Please have your Regence card with you while registering

Download the MDLive app for your phone

### Dental

#### Delta Dental of Idaho

**1-800-356-7586**

[www.deltadentalid.com](http://www.deltadentalid.com)

1. Click on “For Subscribers” on the left side of the page
2. Then click on “Subscriber Log-In” area
3. Either enter your existing user name and password or if you are a new user Click on “Register Here”
4. Please have your Delta Dental card with you while registering; if that is not available you can call Delta Dental for your ID number
5. To print a temporary ID card - While logged in, click on “click here” under the heading *Your Benefit Booklet & ID Cards*, then click on “WinCo Holdings, Inc.” to view and print your ID card.

## Prescription

### WellDyne – Retail, Mail Order, & Specialty

1-855-748-2660

[welldyne.com](http://welldyne.com)

1. Register on the left side of the screen.
2. When registering for an account, you will need to provide your ID number. If you do not yet have a WellDyne card, you can contact WellDyne at the number listed above.

Download the WellDyne app for your phone – your ID cards are available here

## Vision

### Vision Service Plan (VSP)

1-800-877-7195

[www.vsp.com](http://www.vsp.com)

1. Be sure you are on the “Members” tab at the top of the page
2. Click on either “Login” or “Create an Account” whichever applies to you
3. After logging in, click on “Claims & Reimbursement” on the left side of the page
4. From the drop down menu in the center of the page, choose which person had the services that you are trying to print an explanation of benefits for
5. Click on “Previous Doctor Visits & Services” below the patient’s name
6. To print a temporary ID card - While logged in, click on “Member Vision Card” this is in the middle of the page as well as on the left side of the page, however this card will not print with your ID number, you will still want to provide that when receiving services. VSP does not provide a permanent card.