

# How to search for in-network providers as a guest



# IAFF Health & Wellness Trust

In order to search Regence's network and the National BlueCard PPO network as a guest: go to [www.regence.com](http://www.regence.com) and select, "Find a doctor" at the top right of the home page. Next, you will be asked to choose a network and you should enter National BlueCard PPO as the network (options will appear as you begin typing).

After "Confirm selection", you'll need to update "YOUR LOCATION" in the top right and search for participating providers. Then, select the type of provider you are searching for in the categories below: