Regence



Regence Empower®

REGENCE EMPOWER CORE ROADMAP—FULLY INSURED LARGE GROUP

Your well-being journey starts here

Meet Regence Empower®, your personalized well-being experience. Guided step by step, you'll always know what to do next to reach your goals. Complete activities that help you feel your best and earn rewards along the way. To start your well-being journey, sign in at **regence.com** and select **Regence Empower**.

Earn rewards for healthy activities

Get started by completing your Health Assessment. You'll earn $15 and receive a personalized report with recommendations just for you. Throughout the year, you'll have more opportunities to earn rewards while building positive habits for your health. Stay active, keep up with your preventive care and learn about things like stress, mindfulness and nutrition. **You can earn up to $100 per year in gift cards.**

EARN UP TO
$100
IN GIFT CARDS

Get rewards for being proactive

You can earn up to $100 per year in gift cards for engaging in healthy activities that support your long-term health, like getting preventive exams and screenings. Your Regence health plan covers preventive care at no cost to you when you see an in-network provider.

GIFT CARD $15

Health Assessment
Receive a personalized report with recommendations. Earn $15.

GIFT CARD $25

Preventive wellness exam*
Visit your doctor for preventive care checkup. Earn $25.

GIFT CARDS $25+$25

Breast cancer & cervical cancer screenings*
These screenings can help catch cancer sooner. Get a mammogram (ages 40+ or high risk) or a cervical cancer screening (ages 21+). Earn $25 each or $50 total.

EARN UP TO $50 IN GIFT CARDS

Colorectal cancer screening*
If you're over the age of 45, talk to your provider about this screening. Sign in to Regence Empower to learn more.

EARN UP TO $25 IN GIFT CARDS

Steps challenge
Get more movement and earn up to $25 per year.

GIFT CARD $5

Fitness device or app sync
Make every step count. Sync your fitness device or app to track your physical activity. Earn $5.

EARN UP TO $50 IN GIFT CARDS

Healthy activities
Complete up to five healthy activities, including a vision exam, dental visit, select immunizations, or programs on behavioral health and insurance basics. Earn $10 for each activity.

*Activity is tracked through claims and is subject to network availability and eligibility by age and medical risk. Please allow up to 60 days for claims processing.

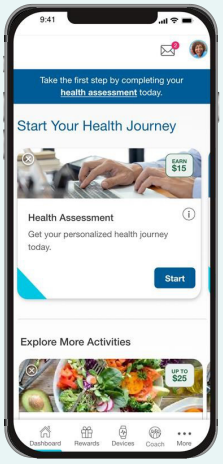
Ready to get started?

Begin your well-being journey to build healthy habits and earn rewards. Follow these three steps to get started:

1. Create your account or sign in to your account on **regence.com**

2. Scroll down and select **Go to Regence Empower**.

3. Personalize your well-being journey by completing the **Health Assessment**. It takes about 15 minutes, and you'll earn an immediate $15 reward. Keep going and earn more!



TIP: Stay engaged on the go! Download the Regence Empower app so you can easily complete activities.

Download on the App Store

GET IT ON Google Play

For wellness program reward details, visit and review the Program Summary page within Regence Empower and click the **Full Notice of Well-Being**. Call the number on the back of your member ID card if you need assistance.

Regence

Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association

Regence BlueShield
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