

Regence



IDAHO



# A health journey designed for you

Regence  
Empower™



With Regence Empower™, you get a personalized well-being experience for 2024. Guided step by step, you'll always know what to do next to reach your goals. Regence Empower connects with the fitness and tracking technology you already use and matches you with healthy living activities recommended just for you.

To start your well-being journey, sign in at [regence.com](https://www.regence.com) and select **Regence Empower**.

## Earn rewards for healthy activities

To begin engaging in your wellness journey, create your account on [regence.com](https://www.regence.com). Not only will you gain access to valuable tools to manage your health care experience, you'll earn a **\$5 gift card**—and covered spouses can earn one too! The rewards don't stop there—**earn an additional \$20** for engaging in more well-being activities.

REGENCE.COM ACCOUNT

\$5 GIFT CARD

WELL-BEING ACTIVITIES

\$20 GIFT CARD





# Be proactive with your health & build healthy habits

Complete key well-being activities and earn rewards! Redeem up to \$25 in Amazon.com gift cards between July 1, 2024, and June 30, 2025.

## \$5 regence.com account

Create your account on regence.com to earn \$5. Note: Regence-covered employees and spouses should create unique accounts. Plus, you'll each earn \$5!

## \$15 Health Assessment

Complete the Regence Empower Health Assessment to personalize your well-being experience, learn more about your health risks and see what you can do to improve your well-being. Plus, you'll immediately earn \$15!

## \$5 Self-guided program

Complete an educational or interactive self-guided program and earn \$5! There are several to choose from on a variety of health topics, such as behavioral health, gut health, weight management, nutrition and more.

## \$5 Challenge

Join and successfully complete a fun challenge to earn \$5. With 40+ personal challenges to choose from and a featured platform challenge each quarter, you're sure to find something that motivates (and moves) you!



## Monthly featured activities: Play to win!

Keep the momentum going by participating in Regence Empower's monthly featured activities for chances to win great prizes designed to support your well-being. Each featured activity you complete earns you an entry into the monthly sweepstakes<sup>1</sup> with prizes valued up to \$120! From your Regence Empower account, check out the Explore section at the bottom of your dashboard to get signed up and play to win!

<sup>1</sup>For sweepstakes official rules and list of monthly featured activities with participation time frames, visit your Program Summary page within Regence Empower and click the Full Notice of Well-being.



## Ready to get started?

1



Create your account on regence.com.



2



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

3



Earn up to \$25 in gift cards between July 1, 2024, and June 30, 2025. From your Regence Empower dashboard, select **Redeem Dollars** to get your electronic gift cards.

## Questions?



Regence Customer Service is ready to help! Contact us at the phone number found on the back of your member ID card.

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