



January 2026

# Health Highlights

## Start the new year off right with Regence Empower

If you need a reset after the holiday season look no further than Regence Empower, the wellness program built into your health plan. Take advantage of the resources available to you and earn gift cards for engaging during the year.

You'll earn \$5 just for creating an account at [regence.com](https://regence.com). Next, complete the Health Assessment to earn an additional \$15. Taking the Health Assessment means you'll get personalized recommendations based on your results and areas of interest. From disease prevention to mental health support, to stage of life topics and more, there's something for everyone.

**Don't forget, covered spouses and dependents age 13 and older can also register at [regence.com](https://regence.com) to take advantage of all that Regence Empower has to offer!**

## January Empower Challenge: Build from your baseline

New year, new you? Make it happen by taking three smart well-being actions on Regence Empower! You'll know where you stand and earn entries for a great prize package and work toward improving your health.

- 1. Take your Health Assessment:** Understand your baseline health and get personalized recommendations for what to work on next.
- 2. Download the Regence Empower app:** Join challenges and track your progress on the go.
- 3. Sync a fitness device:** Connect to easily track your activity in the app and earn rewards.

By completing each of the three activities, you can earn multiple entries to win a Rocketbook Fusion Plus reusable notebook, variety pack of ProBar snacks, the book Atomic Habits and a Q-Less solitaire dice word game. Participate between Jan. 1 – 31, for your chance to win!

To get started, go to [regence.com](https://regence.com) > Regence Empower.

## Peace of mind with identity protection

Did you know identity theft typically increases during and immediately following the holiday season? During this time people are more likely to travel, shop online, access public wi-fi and be exposed to larger crowds, creating a perfect storm of opportunities for identity theft. The good news is you have access to no-cost identity protection as part of your medical benefits. Identity Force by TransUnion provides:

- Credit report monitoring
- Identity threat alerts
- Credit report and score tracking
- Identity theft insurance
- Fully managed restoration if your information is compromised

If you are interested in signing up for this free service, visit the [TransUnion Registration Page](#) and register using the access code: **CHSI712025**. You can also sign in to your member account at [regence.com](#) and navigate to *Care > Care Resources > TransUnion*, then click the link and follow the on-screen prompts.

## Important insurance terms

To get the most out of your medical coverage, it's important to understand all the terminology that comes with it. Each month, we'll share important insurance terms so you can start building your insurance vocabulary.

**Inpatient care:** inpatient care requires a hospital stay and continuous supervision by a health care provider. This could be care after minor surgery or for a serious ongoing health condition.

TransUnion is a separate company that provides identity theft protection services.