

Regence



IDAHO



A health journey designed for you

Regence
Empower®



With Regence Empower®, making healthy choices rewards you twice: It helps you feel your best AND can add up to dollars!

Sign in at [regence.com](https://www.regence.com) and select **Regence Empower**.

Earn rewards for healthy activities

To begin, create your account on [regence.com](https://www.regence.com). Not only will you get valuable tools to manage your health care experience, you'll earn a **\$5 gift card**—and covered spouses can earn one too! **Earn another \$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 and build healthy habits

Complete key well-being activities and earn rewards! Redeem up to \$25 in Amazon.com gift cards between July 1, 2026, and June 30, 2027.

\$5

regence.com account

Create your account on [regence.com](https://www.regence.com) to earn \$5. (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 about your health risks and see how you can improve your well-being. Plus, you'll earn \$15!

\$5

Self-guided program

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

\$5

Challenge

Complete a fun challenge to earn \$5. With more than 40 to choose from and a featured platform challenge each quarter, you're sure to find something that motivates (and moves) you!

Ready to get started?

1



Create your account on [regence.com](https://www.regence.com).



2



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

3



Earn up to \$25 in gift cards between July 1, 2026, and June 30, 2027. 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.



Monthly featured activities: Play to win!

Keep going by participating in Regence Empower's monthly featured activities for chances to win great prizes. Each activity you complete earns you an entry into the monthly sweepstakes¹ with prizes valued up to \$120! From your Regence Empower account, check out the Explore section at the bottom of your dashboard to start!

¹For 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.

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