

Regence



REGENCE EMPOWER CORE ROADMAP—GROUPS 51+

# Your well-being journey starts here

Regence  
Empower™

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.**

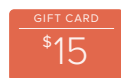
EARN UP TO

**\$100**

IN GIFT CARDS

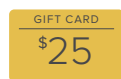
# Rewarding preventive care activities

You can earn up to \$100 per year in gift cards for engaging in healthy activities that support your long-term health.



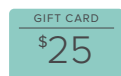
## Health Assessment

Receive a personalized report with recommendations. Earn \$15.



## Preventive wellness exam\*

Visit your doctor for your yearly preventive care checkup. Earn \$25.



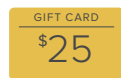
## Breast cancer screening\*

For women over the age of 40 or those who are at high risk, screenings are important. Get a mammogram if you're due for one. Earn \$25.



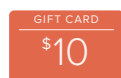
## Colorectal cancer screening\*

If you're over the age of 45, talk to your provider about this screening. There are multiple ways to earn a gift card for addressing colon cancer risks. Sign in to Regence Empower to learn more.



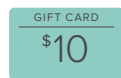
## Cervical cancer screening\*

This screening is important for women over the age of 21 and can help catch cancer sooner. Complete your cervical cancer screening. Earn \$25.



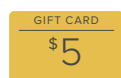
## Vision exam

Vision exams can correct vision issues and identify potential problems. When you complete your exam, sign in to Regence Empower to self-attest. Earn \$10.



## Dental visit

Caring for your teeth is good for your whole body. When you complete a dental visit, sign in to Regence Empower to self-attest and earn \$10.



## Fitness device or app sync

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

## Ready to get started?



### Step 1: Check it out

Sign in at [regence.com](https://regence.com) and select **Regence Empower** to start your well-being journey today.



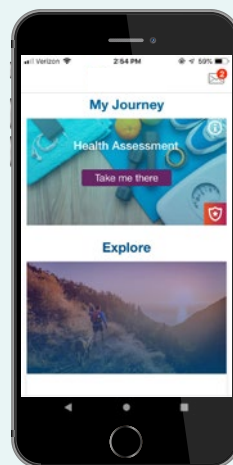
### Step 2: Download the app

You live life on the go. Keep your well-being journey at your fingertips by downloading the Regence Empower app.



### Step 3: Engage today!

Complete your Health Assessment, schedule your wellness exam and any necessary screenings, participate in challenges, track healthy activities and more.



\* Activity is tracked through claims and is subject to network availability, and eligibility by age and medical risk. Please allow up to 12 weeks for claims processing.



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