

Regence



OREGON



Take steps to better health and earn up to \$150

Regence
Empower®



How to earn your \$100 electronic gift card*

Step 1:

Complete your Health Assessment.

To take the assessment, sign in on [regence.com](https://www.regence.com) and go to **Regence Empower**. If you don't have a [regence.com](https://www.regence.com) account, set that up first.

Step 2:

Complete your biometric screening.

Through Regence Empower®, you can connect to an approved screening provider and view your screening options.

Note: The registration key is **MetallicProgram** (no space, case-sensitive).

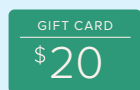
Step 3:

Claim your \$100 electronic gift card.

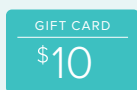


Sign in, go to **Regence Empower** and select **My Rewards**, then **Redeem** to claim your gift card code by the end of your plan year.

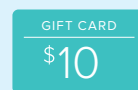
Want to earn more rewards? Continue your well-being journey and earn up to \$50 more by mixing and matching from the options below.



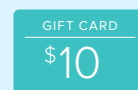
Annual wellness exam
Earn \$20 when your claim processes (up to 60 days).



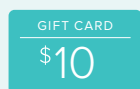
EAP learning activity
Explore your EAP.



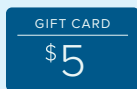
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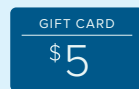
Dental or vision exam
Sign in and log your dental or vision exam visit to earn \$10 each or \$20 total.



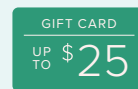
Immunization
Sign in and log your immunization.



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Health learning activities
Complete two health learning activities to earn \$5 each or \$10 total.



Steps challenge
Get more movement and earn in increments.

Don't forget to claim your rewards!

You can earn up to \$150 total per plan year in gift cards. Be sure to sign in to Regence Empower and claim your gift cards by the end of your plan year.

To earn rewards, you must complete your Health Assessment and biometric screening within four months** after your employer-provided health plan's effective date. Complete your annual wellness exam within 10 months after your health plan's effective date to ensure enough time for claims processing. Complete the other activities at any point during your plan year, following the prompts to record completion.



Working on your health is more fun together!

Your spouse or partner*** also qualifies to earn well-being incentives. Encourage them to sign in and see what's available.



For wellness program reward details, visit and review 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 Bronze BolsterCare 9200 does not offer a premium discount, and wellness incentives are up to \$25.

** If you enroll after the first four months of your employer's group plan effective date, you would qualify for the standard \$25 until the plan renews.

*** Eligible domestic partner.



Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association

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