



# Regence Empower

## CORE

## Get on the path to better health

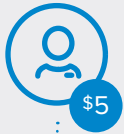
Meet Regence Empower, your new, more personalized well-being experience. Guided step by step, you'll always know what to do next to reach your goals. It connects with the fitness and tracking technology you already use and matches you with healthy living activities customized just for you. To start your well-being journey, sign in at [regence.com](https://www.regence.com), go to your Member Dashboard and select Regence Empower.



### Earn rewards for healthy activities

The first step of personalizing your well-being journey is taking a health assessment. This will help you know what areas of your health are strong and identify opportunities for improvement. The best part? When you complete your assessment, you'll earn a \$15 gift card. Plus, there are even more opportunities to earn rewards, **up to \$25 total per year**, once you've started your well-being journey.

## Continue your journey to a better you



### Reach your well-being goals

Whether you're hoping to lower stress, build resiliency, quit tobacco or eat mindfully, Regence Empower has a variety of programs to help improve your health—on your terms and at your own pace. The best part? You can earn additional rewards for participating in a program.



### Sync your device

Make every step count. Regence Empower syncs with over 100 popular fitness devices and mobile apps—so you can easily keep track of your progress on activities like steps taken, calories burned and more. You can earn additional rewards for connecting a device.



### Join a personal challenge

Looking to get more physical activity, reduce cholesterol or make healthier food choices? There are 40+ personal challenges to choose from, so you can pick the ones that are most helpful for your goals.

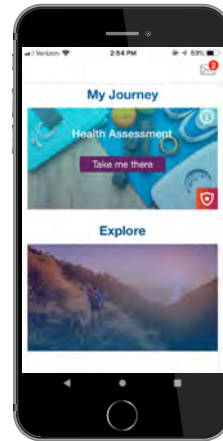


### Track your progress

Stay motivated and get a more complete picture of your health by tracking your activities. Regence Empower includes biometric trackers as well as logs for sleep, stress, food and exercise.

## Download the app

You live life on the go. Keep your well-being journey at your fingertips by downloading the Regence Empower mobile app (available at the iTunes App Store or Android Google Play Store).



Complete your health assessment, participate in challenges, track healthy activities, listen to podcasts and more.

## Access helpful resources

Boost your health knowledge with a library of educational materials and a personalized care checklist that you can share with your doctor.



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



Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association

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REG-299960-19/03-WA CORE  
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