

Regence



OREGON

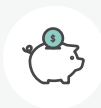
Regence
Empower™



REGENCE EMPOWER CORE ROADMAP—GROUPS 51+

Your well-being journey starts here

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](https://www.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.**

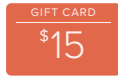
EARN UP TO

\$100

IN GIFT CARDS

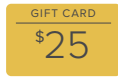
Get rewards for being proactive

You can earn up to \$100 per year in gift cards for engaging in healthy activities that support your long-term health, like getting preventive exams and screenings. Your Regence health plan covers preventive care at no cost to you when you see an in-network provider.



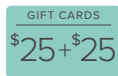
Health Assessment

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



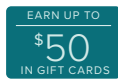
Preventive wellness exam*

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



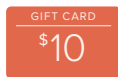
Breast cancer & cervical cancer screenings*

These screenings can help catch cancer sooner. Get a mammogram (ages 40+ or high risk) or a cervical cancer screening (ages 21+). Earn \$25 each or \$50 total.



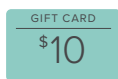
Colorectal cancer screening*

If you're over the age of 45, talk to your provider about this screening. Sign in to Regence Empower to learn more.



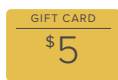
Vision exam

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.



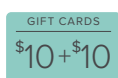
Dental visit

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.



Health learning activities

Explore your behavioral health resources or complete Health Care 101. Sign in to Regence Empower to get started. Earn \$10 each or \$20 total.

Ready to get started?



Step 1: Check it out

Sign in at regence.com and select **Regence Empower** to start your well-being journey today.



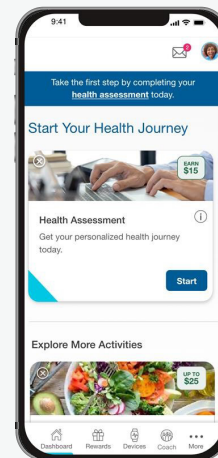
Step 2: Download the app

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.



Regence BlueCross BlueShield of Oregon
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Regence BlueCross BlueShield of Oregon
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