

Regence Empower

WELLNESS INCENTIVE PROGRAM

Take steps to better health and earn \$100

Washington groups of 1–50 on metallic plans

Your health plan includes a built-in Wellness Incentive Program that rewards you for taking a few simple steps toward better health. Act quickly to complete the activities below and receive a \$100 gift card.

Activities must be completed within the first three months of your health plan's renewal or effective date.

1



Take your health assessment

2



Get a biometric screening

3



Redeem your gift card

Three simple steps to earn your gift card

Step 1: Set up your account or sign in on **regence.com**. From your Member Dashboard, click on **Regence Empower** and complete the health assessment.

Step 2: Follow the instructions and complete a biometric screening, using one of the options described below. Have your cholesterol, body mass index (BMI) and blood pressure* checked. Your biometric screening results cannot be uploaded until you've completed your health assessment.

Step 3: Redeem your gift card using your electronic gift card code found on Regence Empower.

* Blood pressure screening is not included or required with the home test kit. Home test kits require height and weight to be entered or results will not process.

You have three options for your biometric screening. Choose the one that's most convenient for you:

- 1. Schedule a preventive care visit at an in-network** doctor's office.** Prior to your appointment, be sure to print the Physician Results form from Regence Empower. Take it with you and ask your doctor to fax your results after your exam. We suggest you keep a copy of the completed form for your records.
- 2. Visit one of our participating Patient Service Centers, a partnership with Quest Diagnostics.** If you choose this option, Regence Empower will guide you to the Quest website to book an appointment.
- 3. Complete a home test kit.** Home test kits must be ordered through Regence Empower by the end of the second month after plan enrollment. They must be returned and processed by the three-month deadline in order to qualify.

Biometric screenings through the Wellness Incentive Program are available to Regence members once per plan year. Don't forget to complete it within the three-month wellness program time frame.

** If you see an out-of-network provider, regular plan benefits will apply.

Your electronic gift card code is on its way

Once you've completed the health assessment and your biometric screening has been verified (which can take up to 30 days), you'll get an email from **RegenceEmpower@regence.com**. It will let you know that your screening results are available on Regence Empower, and prompt you to sign in to access your results and electronic gift card code.

Be sure to claim your electronic gift card code right away. It's only available for a limited amount of time. Once you claim it, you can redeem it any time.



Don't let time slip away ... get started today!

Sign in to **regence.com** and click on **Regence Empower** to begin. The \$100 electronic gift card can be received only one time per plan year and may be subject to tax withholding and reporting.

