

Take steps to better health and earn \$100!

Complete the simple Wellness Incentive Program activities below and receive a \$100 electronic gift card:

1. Sign in at [regence.com](https://www.regence.com), click on the Regence Empower compass, and take the health assessment.
2. Complete a biometric screening in one of three ways, following the links and instructions on Regence Empower. Have your cholesterol, body mass index (BMI) and blood pressure checked.
3. Redeem your gift card by getting your gift card code on Regence Empower.



REG-104165-19/07-WA
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Regence BlueShield

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-344-6347 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711).