

Your well-being journey starts here

EARN UP TO

\$25
IN GIFT CARDS

Earn rewards for healthy activities

Meet Empower360SM, your personalized well-being experience. With step-by-step guidance—and rewards that motivate you to reach your health goals—you'll start feeling like your best self in no time.

To get started, sign in at regence.com and select **Go to Empower360**.

Once you complete your Health Assessment, you'll receive a personalized report with recommended programs and activities—plus, a \$15 gift card just for getting started. Even better? There are more rewards available if you keep going, with up to \$25 total per year.

Additional rewards

GIFT CARD

\$5

Complete a self-guided program

Whether you're hoping to lower stress, build resiliency, quit tobacco or eat mindfully, Empower360 has a variety of self-guided programs to help improve your health—on your terms and at your own pace.

GIFT CARD

\$5

Sync your device

Make every step count. Empower360 syncs with 100+ popular fitness devices and mobile apps—so you can easily track your progress on activities like steps taken, calories burned and more.

GIFT CARD

\$5

Complete 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.

Ready to get started?

Begin your well-being journey to build healthy habits and earn rewards. Follow these three steps to get started:



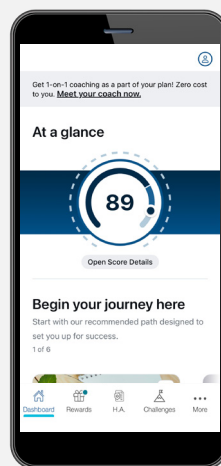
1 Create your account or sign in to your account on regence.com



2 Scroll down and select **Go to Empower360**.



3 Personalize your well-being journey by completing the **Health Assessment**. It takes about 10 minutes, and you'll earn an immediate \$15 reward. Keep going and earn more!



TIP: Stay engaged on the go! Download the Empower360 app so you can easily complete activities.

Download on the
App StoreGET IT ON
Google Play

For Empower360 program reward details, visit and review the Program Summary page within Empower360 and click **Full Notice of Well-Being**. Call the number on the back of your member ID card if you need assistance.