



# Elevate Your Health, One Step at a Time with BeyondWell

BeyondWell is a comprehensive lifestyle program that integrates wellness activities, goals, rewards and more into a single place. The result is a truly personalized well-being experience that is tailored to your unique needs.

 **Earn up to \$150 per year in rewards - act now!** 

- > Gift cards earned must be self-claimed by December 31 each year.
- > Unclaimed rewards will be forfeited.

Our BeyondWell program is available now and continues into 2024—and Regence members and eligible spouses can **earn up to \$150** in electronic gift cards. Engage throughout each year to maximize your rewards!

## Get started today!

### Regence members

1. **Log into** your CIS Health Manager at [regence.com](https://regence.com)
2. Scroll down to the programs listed and **select** BeyondWell.
3. If this is your first year participating, you'll need to **register** and accept the Terms of Use.

If you are asked for a code during registration | **CODE: CIS**



Take your well-being journey with you anywhere, anytime! Download the BeyondWell app now.

**Earn up to \$150** in rewards for healthy activities:

Download BeyondWell app

Connect a device or app

Verified steps through device

Personal challenges

Self-guided programs

Dental exams

Vision exams

Flu shot, COVID-19 vaccinations

Health assessment

Preventive screenings

Regence BabyWise<sup>SM</sup> program

**Flip to learn more about our 2024 program**

# 2024

Below you'll see all the ways you and your qualified spouse on the Regence health plan can earn up to **\$150** each in Amazon.com\* electronic gift cards in 2024.

**\$5** Sync a device or app

Our platform syncs with over 100 different devices. Earn this credit once per year.

**\$5** Register on Regence.com

Register your account on regence.com and earn \$5.

**\$25** Health assessment

The health assessment will help personalize your experience. Earn this incentive once per year.

**\$30** Preventive exam

Get a qualifying preventive exam and earn this incentive once per year.<sup>2,3</sup>

**\$50** Chronic condition coaching

Enroll and engage in Chronic Condition Coaching in 2024 and earn a \$50 incentive! If you are eligible for the program you will be outreached to directly.

**\$1** Verified steps through device

When steps are logged from your synced device, you earn credit. \$1 per 10,000 steps.<sup>1</sup>

**\$15** Personal challenge

Challenge yourself to improve lifestyle habits and earn \$15 per challenge (up to \$45 annually).

**\$30** Interactive self-guided program

Complete any interactive self-guided program and earn \$30 (up to \$60 annually).

**\$30** Dental exam

Complete a preventive dental exam and earn \$30.<sup>2</sup>

**\$5** Download the BeyondWell app

Download and log in to the BeyondWell app after creating your account online and earn \$5.

**\$20** Flu or COVID-19 Vaccination

Get your flu shot, COVID-19 vaccination or booster and earn \$20 once per year.<sup>2</sup>

**\$30** Vision exam

Complete a preventive vision exam and earn \$30.<sup>2</sup>

**\$50** Regence Pregnancy Program

Enroll and participate in the Regence Pregnancy program and earn this incentive once per year.<sup>2</sup>

**\$15** Attend a webinar

Attend a webinar hosted by your EAP or BeyondWell and earn \$15 each (up to \$60 annually).

## EAP Webinars

Intro to Emotional Intelligence	Jan 16 @ 10am
Eating for Mind & Body Health	Apr 4 @ 1pm
Work/Life Balance	Aug 27 @ 9am
Stress Management	Nov 14 @ 2pm

## BeyondWell Webinars

Make Your Heart Beat	Feb 8 @ 11:30am
Movement for Improvement	Jun 13 @ 11:30am
Health Myths & Facts	Aug 22 @ 11:30am
Holiday Treats & Sweets	Oct 24 @ 11:30am

1. \$1 per 10,000 steps; max \$2 daily. Steps will not carry over from day to day. Max \$25 per quarter for this activity.
  2. This activity is tracked through claims. There will be processing time for these items, so it may take up to 8 weeks to see the credit in your account.
  3. Qualifying preventive exams include: annual well-visit, pelvic exam, colorectal cancer screening, PSA and routine mammogram.
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# BeyondWell™

BeyondWell is a separate and independent company that provides services for Regence members. Regence BlueCross BlueShield of Oregon is an Independent Licensee of the Blue Cross and Blue Shield Association. BeyondWell is not insurance, but it is offered in addition to your medical plan to help you get information and support when you need it.

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