



Supporting your next best step in a healthy life.

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.

Don't leave dollars on the table!

Our 2020 BeyondWell program provides Regence members and eligible spouses with the opportunity to earn up to \$150 in gift cards. There is still time to engage and earn these rewards before the end of this year!

Any earned gift cards will be forfeited if not redeemed by December 31, 2020. So act now!

Get started today

Regence members

1. **Log into** your CIS Health Manager at regence.com
2. Scroll down to the programs listed and **select** BeyondWell
3. **Register** and Accept the Terms of Use



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

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

- Connect a device or app
- Verified steps through device
- Personal challenges
- Self-guided programs
- Dental exams
- Flu shot
- Health assessment
- Preventive exam
- Regence BabyWiseSM program

Flip to learn more about our 2021 program

New Year, New Rewards

2021

Next year, we are building upon our Incentive program. Below you will see all the ways you and your qualified spouse on the Regence health plan can earn up to \$150 each in Amazon.com* gift cards:

\$5 Sync a device or app

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

\$1 Verified steps through device

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

\$5 Download the BeyondWell app

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

\$20 Self-guided program

Participate in one of our six-week programs and earn \$20 per program (up to \$60 annually).

\$40 Dental exam

Complete a preventive dental exam and earn \$40 in 2021.

\$20 Flu shot

Get your flu vaccination and earn \$20 once per year.²

\$25 Health assessment

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

\$50 Preventive exam

Get a qualifying preventive exam and earn this incentive once per year.³

\$15 Personal challenge

Challenge yourself to improve lifestyle habits and earn \$15 per challenge (up to \$30 annually).

\$50 Chronic Condition Coaching

Enroll and engage in Chronic Condition Coaching in 2021 and earn a \$50 incentive! If you are eligible for the program you will be outreached to directly.

\$50 Regence Babywise

Enroll and participate in the Regence Babywise program in your first or second trimester and earn this incentive once per year.²

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 BlueCross BlueShield of Oregon 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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