



ONLINE RESOURCES

REGENCE REWARDS

Earn points with healthy habits

Already taking good care of yourself?

Looking for incentives for being healthier?

Learn how Regence Rewards can work for you.

Now, there's even more motivation to have a salad for lunch and add some exercise into your day. With Regence Rewards, you can track your activities and earn points toward a \$25 gift card each year.

Earn Rewards points for:

- Brushing and flossing your teeth
- Taking your vitamins
- Getting active and using our cardio log or steps tracker
- Eating right and logging your foods
- Getting a massage
- Going to the doctor
- Taking the General Health Assessment
- Completing a Wellness Workshop (*17 workshops to choose from*)
- And more!

Visit regence.com and sign in today.