

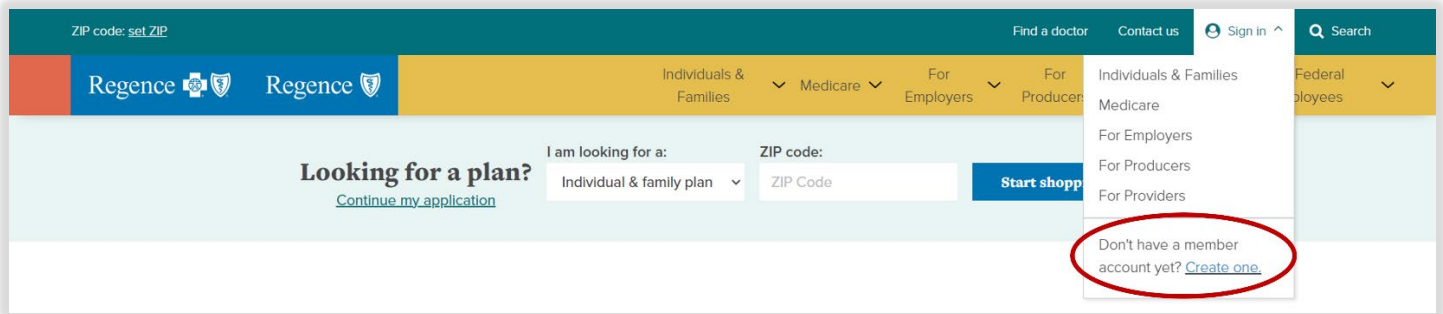
## UVU 2023 Spouse/Dependent Well-being Program

How to navigate to well-being resources through your Regence health plan. Spouses and dependents can earn up to **\$25 in Amazon gift cards** by completing healthy activities.

### Step 1: Navigate to Regence.com

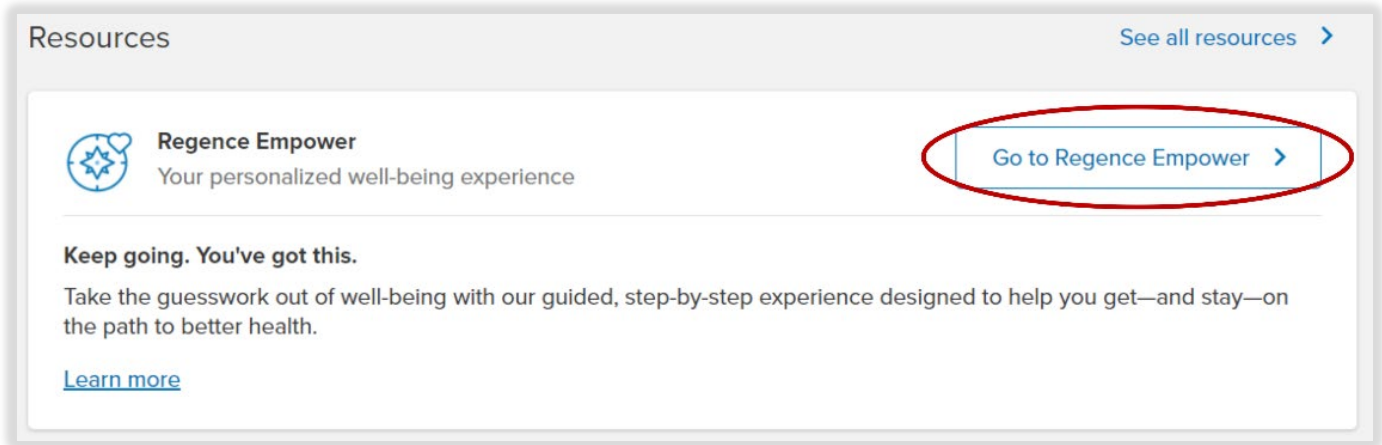
Sign in to your account OR register at [www.regence.com](http://www.regence.com)

Each individual on the health plan will need to register for accounts on the Regence website. Spouses and dependents can only access their well-being accounts through their own unique login.



### Step 2: Look for the Well-being Link (Regence Empower)

Find the well-being link in the Regence member dashboard by scrolling down and selecting “Go to Regence Empower” in the banner below.



On your first login, you will need to complete the member preferences page. Complete the information and keep moving through the steps.

### Step 3: View Eligible Activities

You can view which well-being activities earn you rewards by navigating to the Eligible Activities Page. Select “Earn Dollars” in the top right of the dashboard.

The screenshot shows the Regence Empower dashboard. At the top, there's a navigation bar with 'Dashboard', 'Health Assessment', 'My Rewards', and 'Resources'. A blue banner at the top says 'Get your personalized health journey recommendations by taking a 10 minute Health Assessment!'. Below this, there are three main sections: 'My Health Journey at a Glance' with a progress bar showing four steps (Step 1: Take Health Assessment, Step 2: Preventive Health Digital Self-Guided Program, Step 3: Connect Your Fitness Device, Step 4: Download the Regence Empower App), 'Health Assessment' with a 'Start Assessment' button, and 'Rewards' with the text 'You haven't earned any rewards yet.' In the 'Rewards' section, there are two links: 'Earn Dollars' and 'Earn Dollars', with the second one circled in red and a red arrow pointing to it. Below these sections are tabs for 'Health Journey', 'Completed Activities', and 'Browse All Activities'. The main heading is 'Your Health Journey Recommendations', followed by a paragraph and two activity cards: 'Take Health Assessment' and 'Preventive Health Digital Self-Guided Program'.

Spouses and dependents are rewarded for different eligible activities.

### Spouse Eligible Activities

The screenshot shows the 'Spouse Eligible Activities' page. It features four activity cards, each with a reward amount, frequency, description, and a button to start or connect. The first card offers \$15 per year for completing a health assessment. The second card offers \$5 per year for completing a personal challenge. The third card offers \$5 per year for completing a self-guided program. The fourth card offers \$5 per year for connecting a device or app.

Reward	Frequency	Activity	Description	Action
\$15	1 PER YEAR	Complete a Health Assessment	The first step of personalizing your journey is to complete a health assessment. This will help you know what areas of your health are strong and identify opportunities for improvement. You'll need to complete this assessment each year to be eligible for the wellness incentive.	Start
\$5	1 PER YEAR	Complete Personal Challenge	Feel good, and earn \$5, by joining and completing a personal challenge.	Start Now
\$5	1 PER YEAR	Complete a Self-Guided Program	Tackle well-being on your terms, and at your pace. Complete all lessons from one of the self-guided courses and earn \$5.	Take the Course
\$5	1 PER YEAR	Connect a Device or App	Make every step count. Sync a device or app to your well-being program today.	Connect

## Dependent Eligible Activities

The image shows three activity cards, each offering a \$5 reward. The first card is for 'Complete a Self-Guided Program' (2 per year), the second for 'Complete a Personal Challenge' (3 per year), and the third for 'Connect a Device or App' (1 per year). Each card has a green button to start the activity.

Activity	Reward	Frequency	Action Button
Complete a Self-Guided Program	\$5	2 PER YEAR	Start
Complete a Personal Challenge	\$5	3 PER YEAR	Start Now
Connect a Device or App	\$5	1 PER YEAR	Connect

Members can select the green button on the right to begin any activity. As you successfully complete activities, you will earn dollars. You can see your rewards earned back on the main dashboard.

The screenshot shows the Regence Empower dashboard. The top navigation bar includes 'Dashboard', 'Health Assessment', 'My Rewards', and 'Resources'. A blue banner at the top encourages a 10-minute health assessment. The main content area features a 'My Health Journey at a Glance' section with four steps: 'Take Health Assessment', 'Preventive Health Digital Self-Guided Program', 'Download the Regence Empower App', and 'Connect Your Fitness Device'. A 'Health Assessment' section prompts the user to take an assessment. A 'Rewards' section shows a \$5 reward and a 'Max incentive of \$25 per Plan year'. A red circle highlights the '\$5' and the 'Redeem Dollars' button, with a red arrow pointing to it. The 'Redeem Dollars' button is highlighted in blue. Below the main content, there are tabs for 'Health Journey', 'Completed Activities', and 'Browse All Activities'. The bottom section is titled 'Your Health Journey Recommendations'.

Click on **“Redeem Dollars”** to redeem your rewards for Amazon gift cards. You can earn up to \$25 in rewards each plan year.