BeyondWell™

cis benefits
cisbenefits.org

Regence Member

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.

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 2023–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.
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, it is CIS

Beyond Well™

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℠ program

Flip to learn more about our 2023 program

New year, new ways to earn

2023

In 2023, we have refined our incentive program slightly. 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.

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

$30 Interactive self-guided program

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

$40 Vision exam

Complete a preventive vision exam and earn $40.[2]

$20 Flu or COVID-19 Vaccination

Get your flu shot, COVID-19 vaccination or booster 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.[2,3]

$15 Personal challenge

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

$30 Dental exam

Complete a preventive dental exam and earn $30.[2]

$50 Regence Pregnancy Program

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

$50 Chronic condition coaching

Enroll and engage in Chronic Condition Coaching in 2023 and earn a $50 incentive! If you are eligible for the program you will be outreached to directly.

$15 Attend a webinar

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

2023 EAP Webinars

Avoiding Job Burnout
Jan 17 @ 10am

Wellness At Work
Apr 6 @ 2pm

Resilience & Mental Flexibility
Aug 23 @ 9am

Holiday Stress
Nov 9 @ 1pm

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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