BeyondWell™

cis benefits
cisbenefits.org

Kaiser 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 Kaiser members and eligible spouses can **earn up to $150 in electronic gift cards.** Engage throughout each year to maximize your rewards!

Get started today

Kaiser members

1. Visit **www.beyondwellhealth.com**.
2. Select **Login/Register** in the top right-hand corner.
3. Log into your existing account or register for a new account and accept the Terms of Use (BeyondWell invitation code 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
- Flu shot
- Health assessment
- Select cancer screenings
- Register on KP.org

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 program and earn $30 (up to $60 annually)

$30 Dental exam

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

$20 Flu or COVID-19 vaccine

Get your flu shot or COVID-19 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.

$15 Personal challenge

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

$50 Cancer screenings

Earn an incentive when you get a qualified cancer screening with KP physician.[2,3]

$5 Register on KP.org

Register your account on KP.org and earn $5.[4]

$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 and will require the completion of a Kaiser Permanente HIPAA authorization form. The form will be available to complete on the BeyondWell site beginning in January 2023.
3. Qualifying preventive exams include: mammogram, colonoscopy, and pelvic exam.
4. This activity requires the participant to log in to their KP.org account and complete the Kaiser Permanente HIPAA Authorization Form. Once complete, it may take up to eight weeks to see the activity credit in your account.

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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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