Live Healthy, Earn Rewards

BeyondWell™

This program combines wellness activities, goal setting, rewards and more in one place. The result is a truly personalized well-being experience that is tailored to your unique needs.

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

Kaiser members

1. **Visit** www.beyondwellhealth.com
2. Select **Log In** from the top right-hand corner
3. **Register** your account your BeyondWell Invitation code is (**CIS**) and accept the Terms of Use

Take your well-being journey with you anywhere, anytime! Download and log into the BeyondWell app now and earn $5!

BeyondWell™

CIS
cis benefits
cisbenefits.org

Earn up to $150 per year for participating in healthy activities!

Activities with rewards in 2022:

- Connect a device or app
- Verified steps through device
- Personal challenges
- Self-guided programs
- Dental exams
- EAP Webinars
- Flu shot/ Covid-19 vaccine
- Health assessment
- Preventive exam[1]
- Regence BabyWise℠ program[1]
- Vision exams[1]
- Chronic condition coaching[1]
- Register with KP.org[2]
- Cancer Screening[2]

[1] Regence members only
[2] Kaiser members only

Amazon.com is not a sponsor of this promotion. All Amazon ®, ™ & © are IP of Amazon.com, Inc.

REG-405610-20 02/20