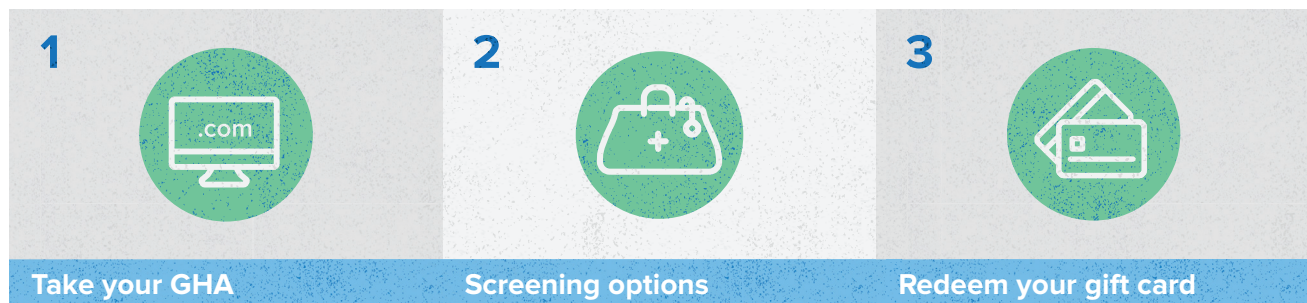


## SMALL-GROUP INCENTIVE WELLNESS PROGRAM

# Take steps to better health and earn \$100

Washington groups of 1–50 on metallic plans

Your health plan includes a built-in incentive wellness program that rewards you for taking a few simple steps toward better health. Act quickly to complete the activities below and receive a \$100 gift card. **Activities must be completed within the first three months of your health plan's renewal or effective date.**



### Three simple steps to earn your gift card

**Step 1:** Set up your account or sign in on **regence.com**. From your Member Dashboard, click on **Wellness Tools** and complete the General Health Assessment (GHA) found under **Take Action Now**.

**Step 2:** Follow the instructions and links on **regence.com** and complete a biometric screening, using one of the options described on the right. Have your blood sugar, cholesterol, body mass index (BMI) and blood pressure\* checked. Your biometric screening results cannot be uploaded until your GHA is completed.

**Step 3:** Redeem your gift card by getting your gift card code in Rewards Tracker on **regence.com**.

\* Blood pressure screening is not included or required with the home test kit. Home test kits require height and weight to be entered or results will not process.

\*\* If you utilize an out-of-network provider, regular plan benefits will apply.

### You have three options for your biometric screening—choose the one that's most convenient for you:

Schedule a preventive care visit\*\* at an in-network doctor's office. Have your results faxed in using the Physician Results form. You must register prior to your visit to download and print the form to take with you to your doctor appointment.

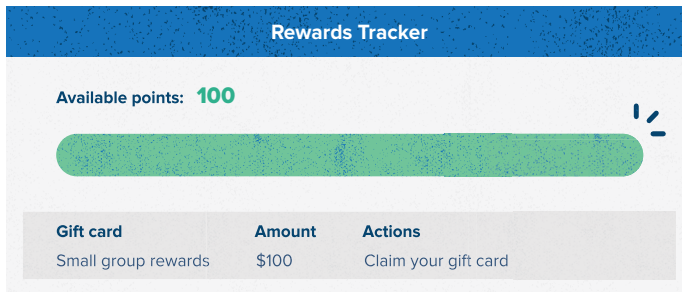
Visit one of our participating Patient Service Centers. You must register online in advance of going to a walk-in center.

Complete a home test kit. Home test kits must be ordered by the end of the second month after plan enrollment. They must be returned and processed by the three-month deadline in order to qualify.

Biometric screening through the Small-Group Incentive Wellness Program is available once per plan year. Be sure to use your name as it appears on your member ID card and use only the numbers of your member ID (e.g., 123456789). Your biometric screening must be completed within the campaign period.

## Your gift card code is on its way

Once you've completed the GHA and your biometric screening has been verified (which can take up to 30 days), you'll get an email. It will let you know that your screening results are available on **regence.com**, and remind you to check your gift card status in Rewards Tracker.



Your gift card code will be available in Rewards Tracker for 30 days after your three-month wellness program campaign ends. Be sure to claim it before time runs out. You can use your gift card at any time once you've created your gift card code.



**Don't let time slip away ... get started today!**

Sign in to **regence.com** and click on **Wellness Tools** to begin. The \$100 reward can be received only one time per plan year and may be subject to tax withholding and reporting.



**Regence BlueShield**  
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注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711)。