

UVU 2024/2025 Spouse/Dependent Well-being Program

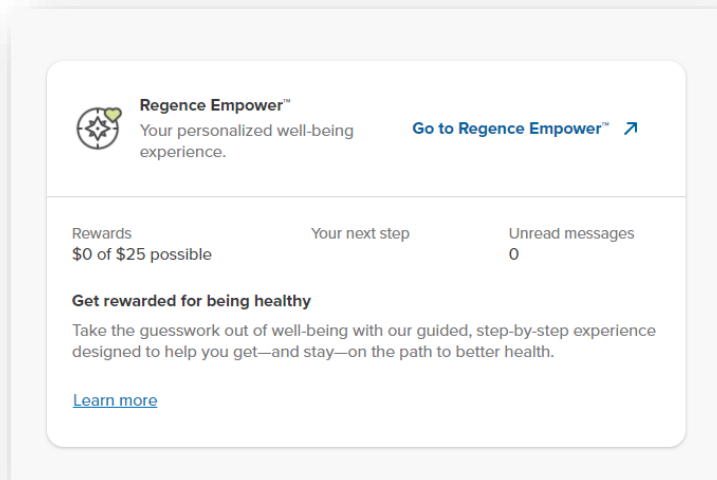
How to navigate to well-being resources through your Regence health plan. Spouses and dependents can earn up to **\$25 in Amazon gift cards** by completing healthy activities.

Step 1: Navigate to Regence.com

- Sign in or register at 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: Launch Regence Empower

- From the main dashboard, scroll down until you see Regence Empower and select “Go to Regence Empower”



- On your first login, you will need to complete the member preferences page.

Step 3: View Eligible Activities

- Select “Earn Dollars” under the rewards tile to view which well-being activities earn you rewards.
- Activities that earn rewards will have the award amount notated with the activity tile (example below).

