UVU 2023 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 to your account 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: Look for the Well-being Link (Regence Empower)

Find the well-being link in the Regence member dashboard by scrolling down and selecting “Go to Regence Empower” in the banner below.

On your first login, you will need to complete the member preferences page. Complete the information and keep moving through the steps.
Step 3: View Eligible Activities

You can view which well-being activities earn you rewards by navigating to the Eligible Activities Page. Select “Earn Dollars” in the top right of the dashboard.

Spouses and dependents are rewarded for different eligible activities.

**Spouse Eligible Activities**
Dependent Eligible Activities

Members can select the green button on the right to begin any activity. As you successfully complete activities, you will earn dollars. You can see your rewards earned back on the main dashboard.

Click on “Redeem Dollars” to redeem your rewards for Amazon gift cards. You can earn up to $25 in rewards each plan year.