

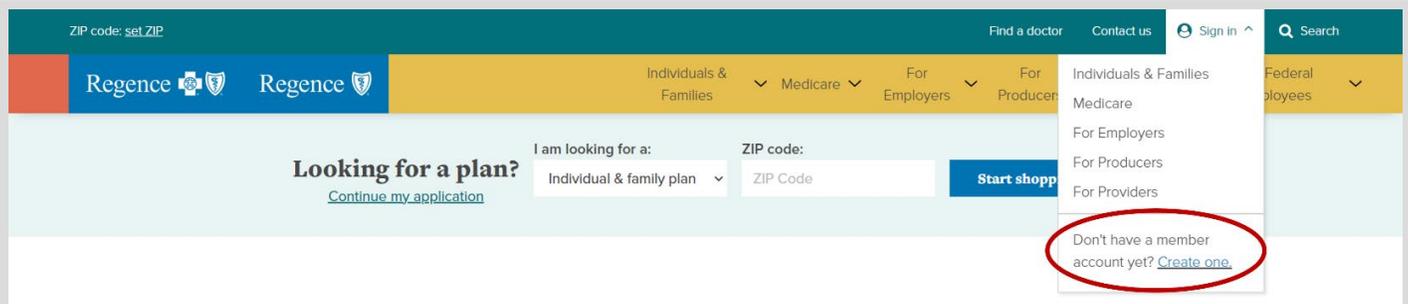
UVUFit Employee Wellness Program / UVU Spouse/Dependent Well-being Program

How to navigate to well-being resources through your Regence health plan.

- **Employees** can earn up to **\$525** for participation in UVUFit.
- **Spouses and Dependents** can earn up to **\$25 in Amazon gift cards** by completing healthy activities.

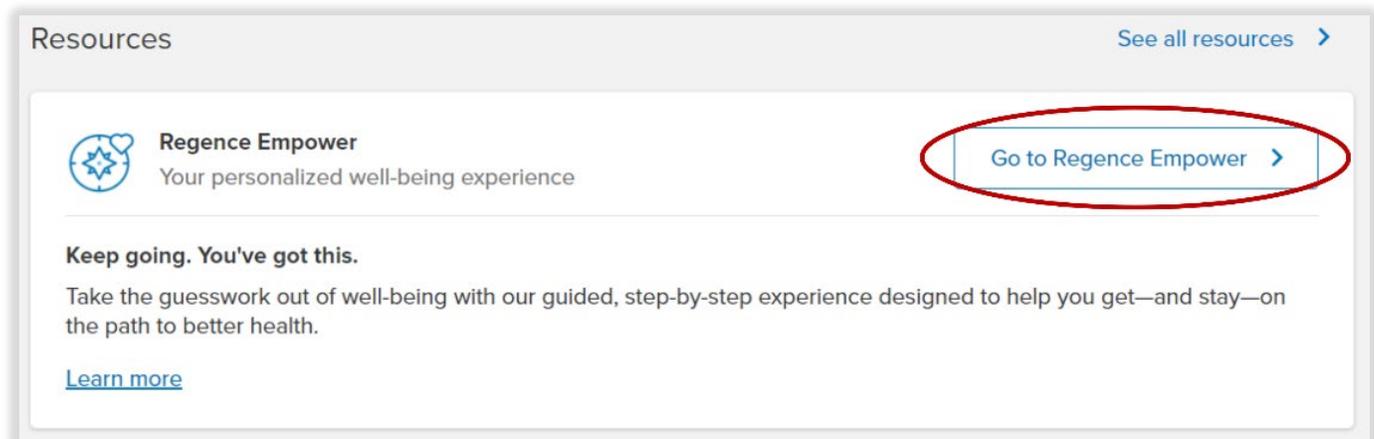
Step 1: Login

- Sign in to your account OR register at www.regence.com
- Everyone 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 unique login.



Step 2: Look for 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: Complete Health Risk Assessment

- On first login, you will be prompted to complete your Health Risk Assessment.
- **Employees** will have access to the UVUFit platform and can begin earning **points towards Tier 2**.
- **Spouses and Dependents** will have access to Regence Well-being platform and can begin earning **dollars** as outlined below.

Spouses and Dependents Well-being Platform

- 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.

The screenshot shows the Regence Empower dashboard. At the top, there is a navigation bar with 'Dashboard', 'Health Assessment', 'My Rewards', and 'Resources'. A blue banner below the navigation bar says 'Get your personalized health journey recommendations by taking a 10 minute Health Assessment!'. The main content area is divided into three sections: 'My Health Journey at a Glance' with a progress bar showing four steps (Take Health Assessment, Preventive Health Digital Self-Guided Program, Connect Your Fitness Device, Download the Regence Empower App), 'Health Assessment' with a 'Start Assessment' button, and 'Rewards' with a message 'You haven't earned any rewards yet.' and a link 'Earn Dollars' circled in red. A red arrow points to the 'Earn Dollars' link. Below the main content area, there are tabs for 'Health Journey', 'Completed Activities', and 'Browse All Activities'. The section below is titled 'Your Health Journey Recommendations' and contains two activity cards: 'Take Health Assessment' and 'Preventive Health Digital Self-Guided Program'.

- Spouses and dependents are rewarded for different eligible activities.

Spouse Eligible Activities

The screenshot shows the 'Spouse Eligible Activities' page. It features four activity cards, each with a reward amount, frequency, description, and a button to start the activity.

Reward	Frequency	Activity Name	Description	Action Button
\$15	1 PER YEAR	Complete a Health Assessment	The first step of personalizing your journey is to complete a health assessment. This will help you know what areas of your health are strong and identify opportunities for improvement. You'll need to complete this assessment each year to be eligible for the wellness incentive.	Start
\$5	1 PER YEAR	Complete Personal Challenge	Feel good, and earn \$5, by joining and completing a personal challenge.	Start Now
\$5	1 PER YEAR	Complete a Self-Guided Program	Tackle well-being on your terms, and at your pace. Complete all lessons from one of the self-guided courses and earn \$5.	Take the Course
\$5	1 PER YEAR	Connect a Device or App	Make every step count. Sync a device or app to your well-being program today.	Connect

Dependent Eligible Activities

The image shows three activity cards, each offering a \$5 reward. The first card is for 'Complete a Self-Guided Program' (2 per year), the second for 'Complete a Personal Challenge' (3 per year), and the third for 'Connect a Device or App' (1 per year). Each card has a green button to start the activity.

Activity	Frequency	Button
Complete a Self-Guided Program	2 PER YEAR	Start
Complete a Personal Challenge	3 PER YEAR	Start Now
Connect a Device or App	1 PER YEAR	Connect

- 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.

The screenshot shows the Regence Empower dashboard. A blue banner at the top encourages a 10-minute health assessment. Below, a 'My Health Journey at a Glance' section shows four steps: Take Health Assessment, Preventive Health Digital Self-Guided Program, Download the Regence Empower App, and Connect Your Fitness Device. A 'Health Assessment' section prompts the user to take the assessment. A 'Rewards' section shows a \$5 reward with a 'Max incentive of \$25 per Plan year'. A red circle highlights the \$5 reward, and a red arrow points to the 'Redeem Dollars' button. The 'Redeem Dollars' button is highlighted in green. Below the dashboard, there are tabs for 'Health Journey', 'Completed Activities', and 'Browse All Activities'. The main heading is 'Your Health Journey Recommendations'.

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