

# Your **wellness** goals just got easier to reach.

## Welcome to Regence Vitality<sup>SM</sup>

As a Regence member, you and enrolled family members have access to Vitality—an array of resources, tools and programs designed to help you improve and maintain your health. These programs are not insurance but are offered in addition to your medical plan to help you get information and support when you need it. Your participation in these programs is free, voluntary and completely confidential.

### **myRegence.com**

Looking for a one-stop resource for all your health needs? Register at **myRegence.com** and you'll be able to check your claims, find member-recommended doctors, join online wellness programs, explore costs and treatment options, talk with health experts and other members, read the latest health news, watch healthy cooking demos and much more. You'll even earn Rewards points redeemable for gift cards to national merchants.

To get started, go to **myRegence.com** and click on *Register Now*.

### **General Health Assessment**

Want to know how you've really been taking care of yourself? It only takes a few minutes to find out. Simply log on to **myRegence.com** and take a confidential General Health Assessment (GHA). You'll learn about your current state of health and well-being and get practical tips on improving it. Plus you'll get Rewards points for completing the assessment.

Your individual results will not be shared with your employer, but may be reviewed by Regence wellness staff who can give you ideas and support for healthier living. You can find the GHA at **myRegence.com** > My Health > General Health Assessment.

### Regence Health Coach<sup>SM</sup>

Need motivation to get moving? Personal health coaches will work with you one-on-one to set and reach goals for a healthier life. Learn how to:

- Manage weight and eat healthier
- Start exercising and improve fitness
- Stop smoking or using tobacco products
- Sleep better and feel rested
- Reduce stress and boost resiliency

You'll receive Rewards points through **myRegence.com** for completing the program. To learn more and get started on your wellness goals, call a health coach today at 1 (800) 856-8543.

### CareEnhance<sup>®</sup>

Need answers? Registered nurses are available 24/7 to answer health-related questions and help you make informed decisions about when, where (or if) to seek care. If you're not sure whether to visit the emergency room, see your doctor or treat your problems at home, the nurses are there when you need them, anytime day or night. To speak to a CareEnhance nurse, call 1 (800) 267-6729.

### Special Beginnings<sup>®</sup>

Expecting a little bundle of joy? Nurses help expectant mothers throughout their pregnancy. Moms-to-be receive toll-free access to a nurse 24/7 and earn Rewards points at **myRegence.com** just for enrolling in the program. If you're pregnant or would like more information about Special Beginnings, call 1 (888) JOY-BABY [569-2229].

### Case Management

Facing a sudden illness or injury? We'll assign an experienced, compassionate nurse case manager to serve as your personal advocate during a time when you need it most. Your case manager can help you understand your treatment options, show you how to get the most out of your benefits, and work with your physician to support your treatment plan. To learn more or to speak with a nurse, call 1 (866) 543-5765.

### Regence Advantages

Like saving money? With Regence Advantages, you can enjoy special discounts from a number of nationally recognized health-related companies including Jenny Craig<sup>®</sup>, TruVision<sup>™</sup> and Safe Beginnings. Fitness and diet programs will help you develop an exercise regime with a local gym or create a weight loss or nutrition plan that works. You can also get member-only discounts on hearing aids, LASIK eye surgery, and more.