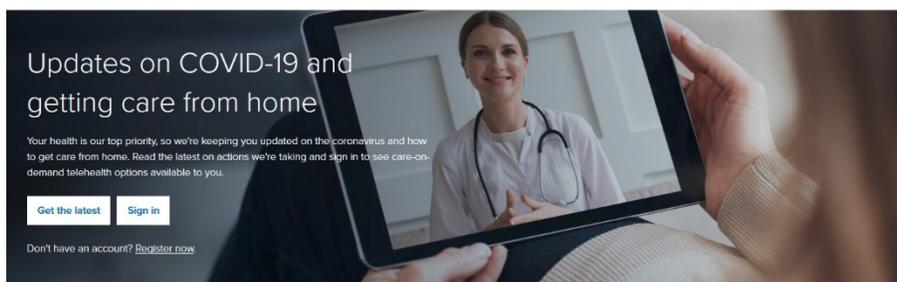
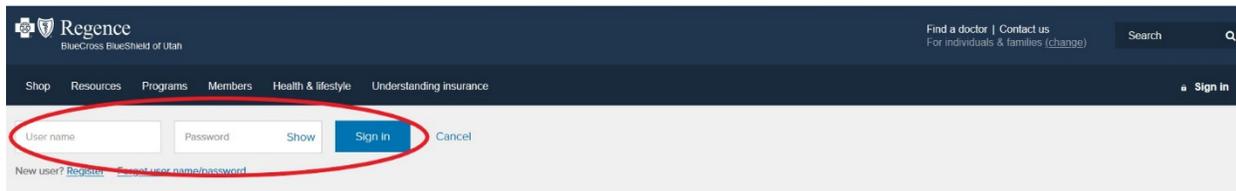
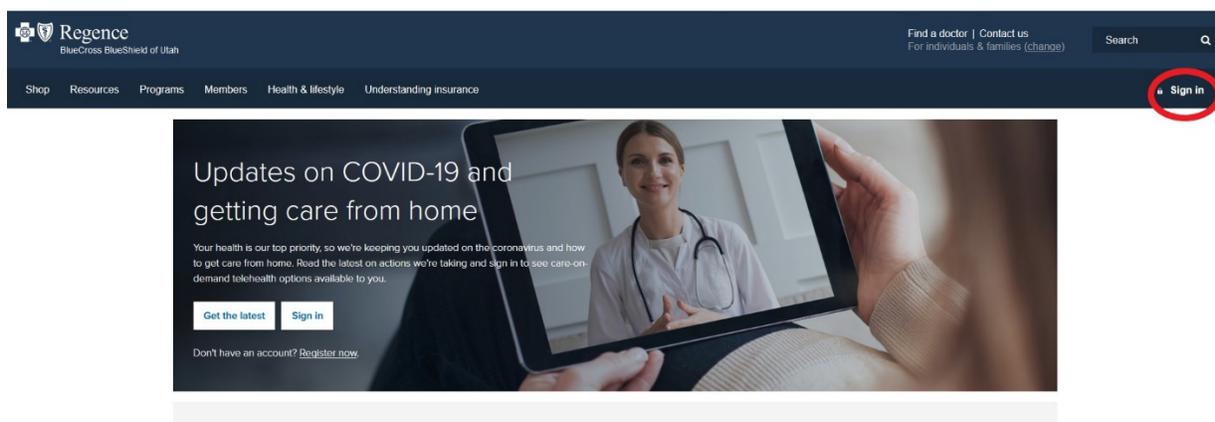


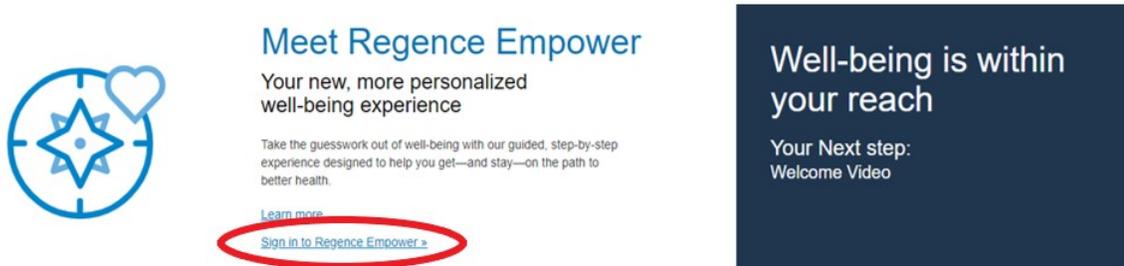
## General Health Assessment

1. Log in to [regence.com](https://www.regence.com) (if you don't already have an account, see directions at bottom to set one up).
2. Click the Regence Empower button (right side of page below member information) or Regence Empower banner (by scrolling down).
3. Complete the communication preferences page (if prompted).
4. Click "Get Started Now!" to begin your Health Assessment.

## Log in to Regence.com

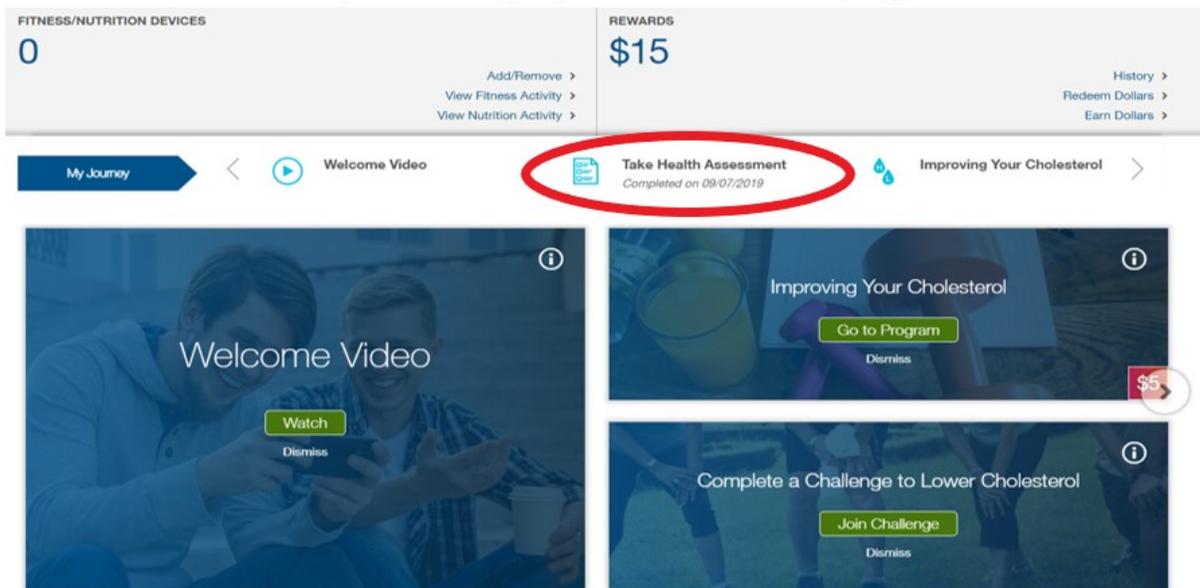


Select Sign in to Regence Empower on the Meet Regence Empower box on the main page, complete the communication preferences if prompted.



The banner features a blue circular icon with a star and heart on the left. The main text reads "Meet Regence Empower" in blue, followed by "Your new, more personalized well-being experience" in black. Below this is a short paragraph: "Take the guesswork out of well-being with our guided, step-by-step experience designed to help you get—and stay—on the path to better health." A "Learn more" link is present, and the "Sign in to Regence Empower" link is circled in red. On the right, a dark blue box contains the text "Well-being is within your reach" and "Your Next step: Welcome Video".

Then select the Take Health Assessment located next to the “My Journey” portion of the page



The screenshot shows a user dashboard with a navigation bar. On the left, "FITNESS/NUTRITION DEVICES" is shown with a count of "0" and links for "Add/Remove", "View Fitness Activity", and "View Nutrition Activity". On the right, "REWARDS" is shown with a balance of "\$15" and links for "History", "Redeem Dollars", and "Earn Dollars". The navigation bar includes "My Journey" (selected), "Welcome Video", "Take Health Assessment" (circled in red, with a subtext "Completed on 09/07/2019"), and "Improving Your Cholesterol". Below the navigation bar are three content cards: "Welcome Video" with a "Watch" button, "Improving Your Cholesterol" with a "Go to Program" button and a "\$5" badge, and "Complete a Challenge to Lower Cholesterol" with a "Join Challenge" button.

## Account Registration

Use the information on your health plan ID card and follow these steps:

1. Go to [Regence.com](https://www.Regence.com)
2. Click "Sign In" at the top of the page
3. Click "Register" under the User Name box
4. Complete the Registration Information fields. The name, member and group numbers must match your health plan ID card.

Once you've completed the GHA, the University will be notified that you have completed the assessment. (The University will not receive your confidential answers.) Completion reports are provided by Regence on a monthly basis. **You may have a delay in receiving the discount of up to four pay periods (discount is not retroactive).**