General Health Assessment

1. Log in to [regence.com](http://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.

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

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

1. Go to 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).