



Twice the options for virtual care

These virtual care resources can help you get care wherever you are—and save you time and money.

Telehealth virtual visits are a convenient, affordable alternative for routine care and a modern solution for health care needs. You can chat with a doctor or therapist by phone or video.

Telehealth by MDLIVE®

When you need a quick consult for non-emergency care, MDLIVE appointments are less expensive than an office visit, and you don't even have to leave your home or office.

If you or a covered family member needs support from a counselor or psychiatrist, therapy is available through MDLIVE.

Register now, so you're ready when you need care. To get started, go to your CIS Health Manager on [regence.com](https://www.regence.com) and look for MDLIVE.

Telehealth with local providers

Many of our in-network providers offer telehealth care to their patients, providing diagnoses and treatment instructions over phone or video chat.

We're partnering with providers to expand your access to virtual visits with doctors you would normally see in person. The cost for a telehealth visit may be lower than an office visit, and telehealth can even save you time. Reach out to your doctor or clinic to find out what virtual options they offer.



Additional resources, and single sign-on with CIS partners, can be found on the CIS Health Manager at www.regence.com.



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REG-453793-21/07-OR
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MDLIVE is a separate and independent company that provides telehealth services for Regence BlueCross BlueShield of Oregon members.



Supporting your next best step in a healthy life.

BeyondWell is a comprehensive lifestyle program that integrates wellness activities, goals, rewards and more into a single place. The result is a truly personalized well-being experience that is tailored to your unique needs.

Earn up to \$150 per year in rewards - act now!

Gift cards earned must be self-claimed by December 31 each year. Unclaimed rewards will be forfeited.

Our BeyondWell program is available now and continues into 2022—and Regence members and eligible spouses can earn up to **\$150 in electronic gift cards**. Engage throughout each year to maximize your rewards!

Get started today

Regence members

1. **Log into** your CIS Health Manager at regence.com.
2. Scroll down to the programs listed and **select** BeyondWell.
3. If this is your first year participating, you'll need to **register** and accept the Terms of Use.



BeyondWell™

Take your well-being journey with you anywhere, anytime! Download the BeyondWell app now.

Earn up to \$150 in rewards for healthy activities:

- Download BeyondWell app
- Connect a device or app
- Verified steps through device
- Personal challenges
- Self-guided programs
- Dental exams
- Flu shot
- Health assessment
- Preventive screenings
- Regence BabyWiseSM program

Flip to learn more about our 2022 program

New year, new ways to earn

2022

This year, we have even more options for you to earn incentives throughout the year. Below you'll see all the ways you and your qualified spouse on the Regence health plan can earn up to \$150 each in Amazon.com* electronic gift cards.

\$5 Sync a device or app

Our new platform syncs with over 100 different devices. Earn this credit once per year.

\$1 Verified steps through device

When steps are logged from your synced device, you earn credit. \$1 per 10,000 steps.¹

\$5 Download the BeyondWell app

Download and log in to the BeyondWell app after creating your account online and earn \$5.

\$20 Self-guided program (Educational)

Complete up to two programs and earn \$20 per program (up to \$40 annually).

NEW
\$40 Vision exam

Complete a preventive vision exam and earn \$40.

NEW
\$20 Flu or COVID-19 vaccine

Get your flu shot or COVID-19 vaccination and earn \$20 once per year.²

\$25 Health assessment

The health assessment will help personalize your experience. Earn this incentive once per year.

\$50 Preventive exam

Get a qualifying preventive exam and earn this incentive once per year.³

\$15 Personal challenge

Challenge yourself to improve lifestyle habits and earn \$15 per challenge (up to \$45 annually).

NEW
\$30 Building resilience (Interactive self-guided program)

Complete this program or any interactive self-guided program and earn \$30.

\$30 Dental exam

Complete a preventive dental exam and earn \$30.

NEW
\$15 Attend a webinar

Attend a quarterly webinar hosted by your EAP and earn \$15 each (up to \$60 annually).

\$50 Chronic condition coaching

Enroll and engage in Chronic Condition Coaching in 2022 and earn a \$50 incentive! If you are eligible for the program you will be outreached to directly.

\$50 Regence BabyWiseSM

Enroll and participate in the Regence BabyWise program in your first or second trimester and earn this incentive once per year.²

1. \$1 per 10,000 steps; max \$2 daily. Steps will not carry over from day to day. Max \$25 per quarter for this activity.
2. This activity is tracked through claims. There will be processing time for these items, so it may take up to 8 weeks to see the credit in your account.
3. Qualifying preventive exams include: annual well-visit, pelvic exam, colorectal cancer screening, PSA and routine mammogram.

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BeyondWell™

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CHS-670343-21/09-REG
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