

Access your well-being program at home or on the go

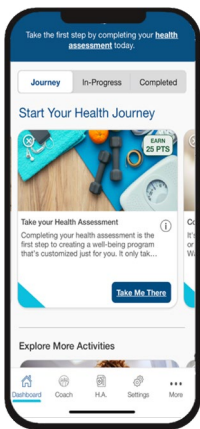
Regence
Empower™



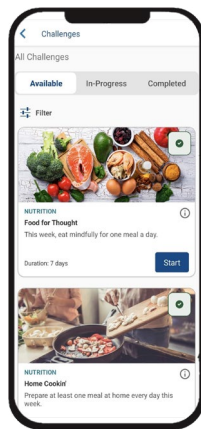
Download the **Regence Empower™** app.

Download the Regence Empower app and keep your well-being program always within reach. You'll be able to join fun challenges, claim rewards, set new goals and more—anytime, anywhere.

Once you've created your [regence.com](https://www.regence.com) account, download the Regence Empower app and take advantage of these features while you're on the go.



Take your Health Assessment



Check in to a challenge or program



- Set personal goals
- Redeem rewards
- Participate in challenges
- Sync your fitness tracker
- Find well-being webinars

Scan the QR code to download the Regence Empower app and start engaging in your well-being journey today!

Use the Regence Empower app to find all your well-being resources. It is different from the Regence app, where you find claims and benefit information.

Regence
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