



Supporting your next best step in a healthy life.

As your healthcare partners, CIS and Regence strive to make life healthier and more rewarding for members. To support this mission, we are pleased to introduce BeyondWell.

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.

Our launch is just around the corner! We will kick off the new year with communications on this new program offering. Employees and spouses on the CIS Regence health plan are eligible for this program.

This program will replace the hubbub health offering that you have today. Important Note: Rewards not redeemed by December 31, 2019 will be forfeited.

BeyondWell 2020 CIS member highlights



Healthy rewards

You will now have the opportunity to earn \$150 for healthy activities in 2020.



Greater personalization

As you engage more with BeyondWell, you will see more personalized information for the next best step in managing your health.



Engagement opportunities

There are more ways for you to engage in 2020. There is something for everyone! See the next page for additional details.



Easy access

You'll be able to access BeyondWell in the new year right from your **regence.com** member dashboard.

Coming January 2020!

More ways to engage

BeyondWell takes the guesswork out of the pursuit of well-being. The more you engage with the program, the more personalized guidance you receive to take action toward the next best step in a healthy life. Here are a few standout features you will experience with this new program:



Health assessment

Take 15 minutes to answer questions about your health and receive a personalized well-being plan based on the results.



Personal challenges

Choose from over 40 challenges and make progress on your goals in various areas like nutrition, walking, preventive health and more.



Mobile app

Keep wellness convenient and at your fingertips, anytime, anywhere.



Helpful resources

Boost health knowledge with a library of educational materials and a personalized care checklist that you can share with your doctor.



Device sync

Easily integrate devices and apps you already use and consistently track your progress.



Self-guided programs

Reduce stress, manage weight goals, build resilience and more, with 17 programs to choose from. Participate on your terms and at your own pace.



Chronic Condition Coaching

Are you dealing with a chronic condition? This voluntary program focuses on lifestyle and self-management behaviors to help mitigate complications associated with certain conditions such as diabetes, asthma, and more.

To learn more and view a video of this new benefit, please visit www.cisbenefits.org.

