

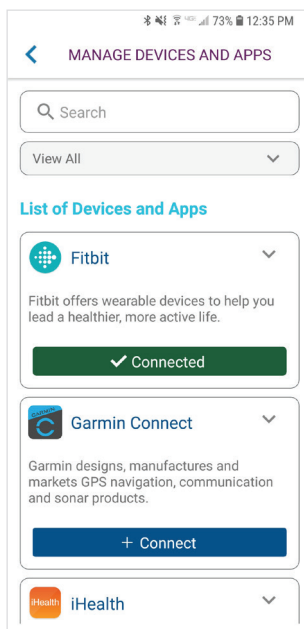
Keep your well-being journey at your fingertips

Download the Regence Empower mobile app.

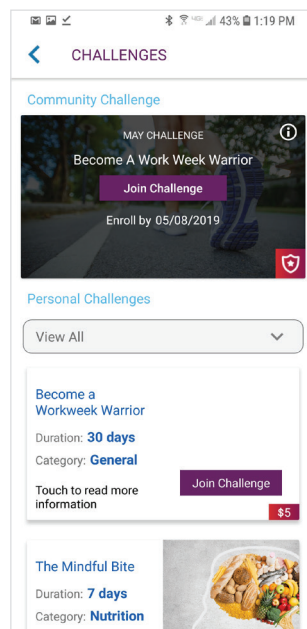
You live life on the go. Stay motivated and engage in your well-being anywhere, anytime by downloading the Regence Empower app.



Once you've created your **regence.com** account, download the app and take advantage of these features while you're on the go.



Sync your fitness device(s)



Participate in a challenge

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 benefits information.



Take your health assessment

Set personal goals and track progress

Earn and check reward balances

Listen to podcasts and more



Regence BlueCross BlueShield of Oregon
is an Independent Licensee of the Blue Cross and Blue Shield Association

Regence BlueCross BlueShield of Oregon
100 SW Market Street | Portland, OR 97201

REG-308448-20/02-OR
© 2020 Regence BlueCross BlueShield of Oregon

Regence complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-344-6347 (TTY: 711). 注意: 如果您使用 繁體中文, 您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711).