Directions for completing and submitting your Health Assessment from Regence.com

**Do Not submit any Personal Health Information**

1. Login to Regence.com – You will need to create an account if you have not already done so.
2. Below your member information you will see a link to the new “Regence Empower” portal, follow that link or scroll toward the bottom of the member dashboard page and click ‘sign in’.

   ![Regence Empower logo](image1)

   ![Live chat](image2)

   Note: On your first login, you will need to confirm and select applicable communication preferences.

3. If this is your first time logging in you should be asked to complete the Health Assessment right away. If you are returning, you will see a tab next to ‘My Journey’ to complete the assessment. Once you finish, it will have a completion date and look like this:

   ![Health Assessment completion](image3)

   The Health Assessment will ask you a number of questions about your current health habits as well as your plans to change. At specific times it will ask you to enter certain lab results. If you have access to current lab results you may want to enter those for a more accurate health assessment but you are not required to.

   Once you have finished the Health Assessment, either print out and scan the web page showing 100% completion and completion date screen or take a screen shot of it and submit it through the submission page.