

Regence



Regence  
Empower™



## Take stress off your mind

Maintaining health isn't just physical. Taking care of your mental health is just as important as healing a broken leg or keeping your heart healthy. If stress is having a negative impact on your life and health, we're here to help. Regence Empower™ has programs and activities to help you improve and strengthen your mental well-being.

Sign in to [regence.com](https://www.regence.com) and go to **Regence Empower** to get started.



**Enriching Your  
Emotional Well-being**  
(self-guided program)

Emotional well-being is an essential component of a healthy lifestyle. This interactive program introduces practical tools and techniques to help you enhance your well-being with mind-body wellness, the power of optimism, gratitude and more.



**Building Resilience**  
(self-guided program)

Challenges are a natural part of life, but how come some people manage them better than others? It may be because they've built up their inner resilience. The good news is that you can, too. Try this six-week program to learn how to use sleep, nutrition, exercise and more to become more resilient yourself.



## Create healthy new habits with personal challenges

When you're trying to improve your health in any way, building new habits is a great place to start. With personal challenges, you can work on something every day for a set time period to help you stick with it. Check out challenges like 24 Seconds to Less Stress, Make a Moment for Mindful Meditation, Savvy Spending or Brain Tease.

## Go at your own pace

If joining an activity isn't your style, Regence Empower offers an educational health library that you can access at any time. Search for "Manage stress" or "Mental and behavioral health" to find dozens of articles and resources that can help you on your mental health journey.



## Ready to get started?

It all starts with your Regence account. Sign in to [regence.com](https://www.regence.com) and select **Regence Empower**. In the My Health Journey section under Browse All Activities, you'll find self-guided programs, personal challenges, a comprehensive health library and more. We're here to help you feel your best in body and mind.



If you live life on the go, keep well-being at your fingertips by downloading our Regence Empower app today! Available for both iOS and Android.



Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association

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