

# CIS Wellness

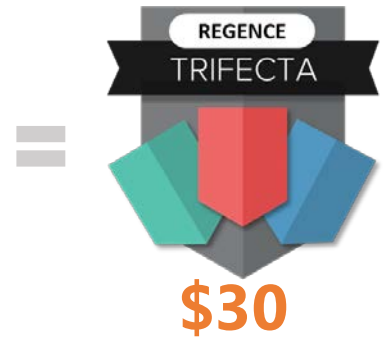
Regence Member

## 2019 incentives

Below is an outline of the CIS 2019 wellness program. Next year we are promoting activities that engage you not once, not twice, but throughout 2019! **It's simple, easy, and fun. Here's how it works:**

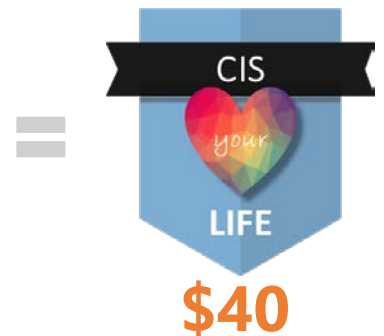
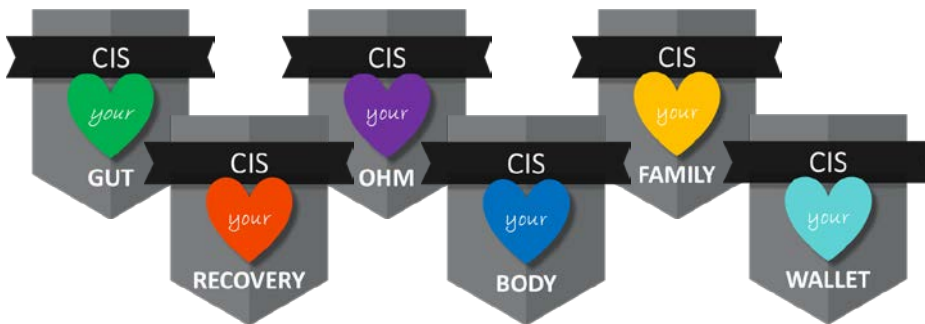
### Getting Started

Kick off 2019 by completing the hubbub360, registering for MDLIVE and completing the Jumpstart Your Well-being challenge to earn \$30!



### CIS ♥ Your LIFE

Healthy habits lead to healthy lives and healthy hearts. Complete the full CIS Love Your Life series in 2019 and earn \$40!



### Engagement All-Star

Earn \$10 for every 10 challenges you complete in 2019 (up to \$30)!



\$10



\$10



\$10

Up to \$30

Earn up to **\$100**