



YOUR BENEFITS, DISCOVERED

March 2018

GET FIT, EAT BETTER

The Regence Advantages member discount program is focused on providing Regence members with savings on health-related products and services that can help you (**Kellie Weitman from Klamath Falls**) achieve your health and wellbeing goals. It includes discount offers from more than 20 partners in 13 product and service categories. Thinking about joining a gym? Need help planning healthy meals for your family? Interested in trying alternative medicine? You'll find an Advantages program to fit your needs.

Below are highlights of a few Advantages programs that can help you get moving, get cooking and get feeling better while saving money:

Get active and fit. The Active&Fit™ Direct (AFD) program is offered to help you live a healthier, more active life. The program allows you to choose from over 9,000+ participating fitness centers nationwide for a monthly fee of \$25 (plus a \$25 enrollment fee and applicable taxes). Active&Fit Direct makes working out easy. First find a fitness center using the online directory maps and locator for fitness centers. Then join the Active&Fit program and go enjoy your workout at any gym within the participating network.

Participants have the flexibility to use any participating fitness center in the network.

Once enrolled, you can print your membership card from the Active&Fit site to take with you to your first visit at a participating fitness center of your choice.

The center may require additional paper work and will issue any membership cards that they would normally do for their direct members.

Are you one of our secret winners?

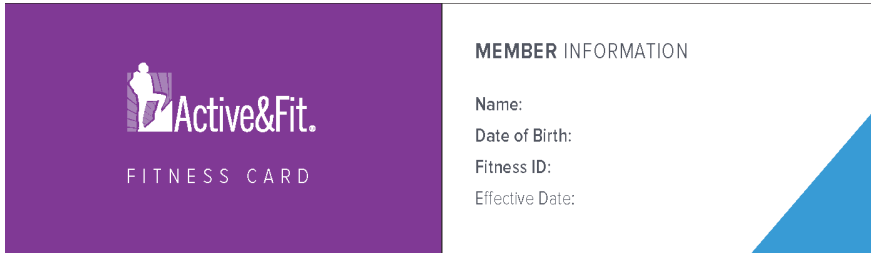
We've randomly selected three winners and buried their names and employer in the text. If you find your name, email EmployeeBenefits@cisoregon.org by April 30, 2018. We'll confirm who you are and then mail you a \$25 Amazon gift card.

Continued on next page



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Continued from previous page



Above is a sample of the Active&Fit member card.

The program also features:

- A free guest pass to try out a fitness center before enrolling (where available)
- The option to switch fitness centers to make sure you find the right fit
- Online fitness tracking from a wide variety of popular wearable fitness devices, apps, and exercise equipment

Regence members, their spouses, and adult dependents (18 and older) are eligible to utilize the AFD Program.

To learn more about Active&Fit Direct, visit regence.com/advantages and select the **Activities and Fitness** page. Once you've signed in to your regence.com account, you (**Darin Dornbusch from North Bend**) can follow the links to the Active&Fit Direct web page where you can search for gyms in your zip code area — and sign up for a program membership.

The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., one of the nation's leading fitness networks serving millions of members.

Get cooking. Gatheredtable makes cooking at home easier. This subscription app and website helps you eat better and save time and money. The customized weekly meal plans and grocery lists are based on your diet, food avoidances, schedule and preferences. Each menu is linked to a smart grocery list that combines ingredients, filters out items you already have on hand and updates as you make changes to your menu. Gatheredtable offers gluten-free, paleo and dairy-free menu options and weeknight recipes that take 30 minutes or less. Through the Advantages discount program, you save more than 50 percent on annual subscriptions with our special member offer of only \$45—only \$3.75 per month!

If you've been feeling bored or sluggish lately, it might be time to change up your routine. Studies show that getting moving can have a huge impact on your mood and sense of well-being — not to mention, your health.

Start by setting a goal—do you want to get in better shape? Get involved in more activities? Or is it some combination of the two? Choose the endgame you have in mind and then, start putting a plan in motion.

If your aim is to get more fit, consider joining a gym or health club, taking a fitness class or organizing a lunchtime walk with your friends or colleagues. If you're having trouble deciding what path to take, think about things like how much time you're willing to commit, or if you want to work out with others.



Continued on next page



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Continued from previous page



Try alternative medicine. The CHP CAMaffinity program offers a 20 percent discount on services from select providers, which includes chiropractic care, acupuncture, naturopathic medicine and massage therapy. To get started, just search the **CHP Provider Directory**, find a provider listing Regence Advantages as a participating program and show your member ID card when you (**Jennifer Stouffer from Baker County**) go to your appointment to get your discount. Whether you prefer acupuncture, chiropractic care or massage, you can find the provider who's right for you through the CAMaffinity program. This valuable program is provided to Regence members free of charge as an additional benefit of membership.

Visit regence.com/advantages to learn more about all of your Regence Advantages program discounts, including dental care products, eyewear and LASIK, weight management programs, hearing care, allergy relief products and much more.

Active&Fit Direct and the Active&Fit Direct logo are trademarks of American Specialty Health Incorporated and used with permission herein.

Eating healthy is critical for your overall health and well-being. It not only can help you maintain a healthy weight, but also reduce your risk for chronic illnesses like heart disease, cancer and stroke. But while changing your eating habits can feel impossible, there are great strategies and services available that can help make things easier — even if you're on a budget or have a packed schedule.

Regence Advantages offers great discounts on helpful, healthy meal programs, products and services that can make eating right easier and more affordable. You can save time and money on nutritious, delicious meals that keep you looking and feeling great — while keeping you on track to hit your goals.

