The **Small Changes Big Rewards** program has officially launched! Bonner County employees can access all the wellness resources and tools available through Regence by logging onto regence.com today.

The first time you log onto regence.com, you will need your member ID card to create an account. Once you have created an account, follow these steps:

1. Click on **Wellness Tools** (bottom right corner of the Regence member homepage; only available when logged in)
2. This will take you to the **Wellness Dashboard**:

   ![Wellness Dashboard](image)

   1. **Registration site** ([https://regence.bioiq.com/](https://regence.bioiq.com/)) for **Biometric Screening** or **Physician Results Form** (code: *Bonner2014*) (one of two required steps for Know Your Numbers Campaign)
2. **General Health Assessment** (one of two required steps for Know Your Numbers Campaign)
3. **Rewards Summary**: employees can learn more about the Small Changes Big Rewards program and see how they can earn points and how many they’ve earned so far.
4. **Log Your Points**: “healthy habits” page where employees will log their activities to earn points.
5. **Rewards Tracker**: when employees earn 450 points, they will be able to redeem a $25 Amazon.com gift card.
Logging Points (“Healthy Habits”)

From anywhere on the wellness site, hover over rewards, then click on healthy habits:

From the Healthy Habits page, you will “check the box” next to the activity that you have completed. Some activities will require additional information (description, date completed, etc):

Please make sure to select “UPDATE” at the bottom of the page.

(This is not the complete list of activities)
Saving Your Points (“Healthy Habits”)

Once you have selected the activities that you have completed, you will select “Update” at the bottom to update their account.