



5 ADVANTAGES OF YOUR BCBSRI HEALTH PLAN

Like a roof over your head, your Blue Cross & Blue Shield of Rhode Island (BCBSRI) health insurance is always there to help and protect you, even when you're not thinking about it. Here are a just a few advantages of being a BCBSRI member.

1. \$0 for your in-network checkup

Don't miss out on this visit, which helps your doctor focus on keeping you well and preventing future health problems. When you see a doctor in the BCBSRI network, the checkup is covered at no additional cost to you.

2. In-person help at Your Blue Store

Have a question about your plan? Stop by a convenient Your Blue StoreSM retail location in Cranston, East Providence, Lincoln, or Warwick. Find a location at bcsri.com/yourbluestore.

3. No-cost help with ongoing health conditions

Our nurses, dietitians, and social workers can help you control health conditions such as diabetes, asthma, and heart disease—over the phone or at Your Blue Store retail locations. To learn more, call 1-844-563-0892 or email care@bcsri.org.

4. Free exercise classes

At Your Blue Store locations, you can take fitness classes such as yoga, Zumba, and muscle toning. RSVP for a class in Cranston, East Providence, Lincoln, or Warwick at bcsri.com/events.

5. Messages on your mobile device

Receive messages about your health and health plan, including benefit updates, money-saving tips, and reminders about tests. To get started, text "BCBSRI" to 73529 or call 1-844-779-8820.

Learn about more advantages of your BCBSRI plan.

rhodeahead.com/advantages

*Standard mobile phone carrier and data usage charges apply. The downloading and use of the mobile app is subject to the terms and conditions of the app and the online stores from which it is downloaded.

Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.



www.bcsri.com