

## INTRODUCING



## Your 2025 Wellness Incentives

### Use BlueCare Connect for wellness

**The days of jumping from app to app are over.** Now you can find your wellness program, customer service, and health coaches all in one place: BlueCare Connect. Even with the new app, the features of your wellness program should feel familiar to you:

- ✓ Incentives to earn points (if applicable)
- ✓ Integration of activity trackers (FitBit™, Garmin®, Apple®, Samsung®, Google Fit™, and others)
- ✓ Ability to track self-reported activity (for example, nutrition and sleep)
- ✓ Articles on healthy topics
- ✓ Social activities like step challenges

#### Milestone levels

1,500 points
3,000 points
4,500 points
6,000 points



### Quarterly sweepstakes

- Once all four levels have been reached, employees (plan subscribers) and spouses can redeem additional points for sweepstakes entries.
- Prizes are \$25 electronic gift cards.
- Each entry is 20 points, and entries are unlimited per user.
- Winners are drawn at the end of each quarter.





# How to get started with BlueCare Connect

- Register your member account at [bluecareconnectri.com](http://bluecareconnectri.com) after January 1, 2025.
- Download the **BlueCare Connect app** for added convenience.
- Go to [bluecareconnectri.com](http://bluecareconnectri.com) or use the app to log in to BlueCare Connect anytime.



## Frequently asked questions

### Who can participate in the wellness program?

Both employees (plan subscribers) and their spouses can participate.

### Do I have to use BlueCare Connect?

Yes, that is the new home of your wellness program.

### Will I be able to use a Max Buzz?

No. However, BlueCare Connect syncs with most commonly used tracking devices and apps (FitBit™, Garmin®, Apple®, Samsung®, Google Fit™, and others).

### Where can I learn more about BlueCare Connect?

Watch useful videos and find details at [bcbsri.com/bcc](http://bcbsri.com/bcc).

### What if I still have questions?

Contact your employer or call the number on the back of your BCBSRI member ID card.



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500 Exchange Street • Providence, RI 02903-2699

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