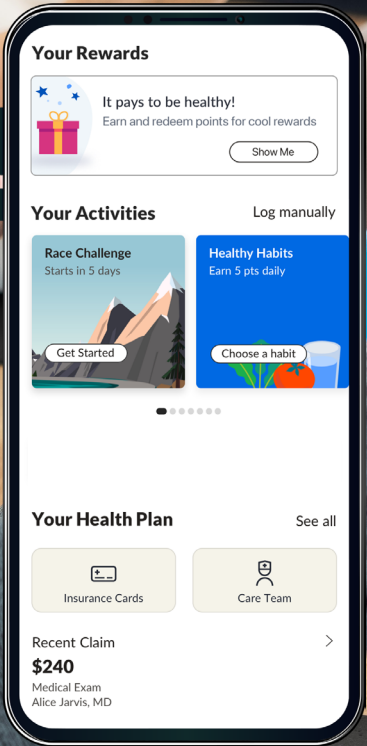


For use with Wellness Premium
Reward for Large Groups



BlueCare
+  **CONNECT**

**Your Annual
Wellness Incentives**

Use BlueCare Connect for wellness

Whether online or on the app, everything you need is in one convenient place. You can set goals, earn rewards for tracking and completing healthy activities, and have fun while you make strides toward better health.

Plus, you can:

- ✓ Integrate popular activity trackers (FitBit™, Garmin®, Apple®, Samsung®, Google Fit™, and others)
- ✓ Track self-reported activities (for example, nutrition and sleep)
- ✓ Speak with a health coach or nurse
- ✓ Join challenges with friends and co-workers
- ✓ Receive personalized health and well-being suggestions



Wellness rewards

Employees (subscribers) accumulate the equivalent of \$1 in rewards for every 20 points earned on BlueCare Connect. Both subscribers and covered spouses and subscribers can also use their points to enter a quarterly sweepstakes in the Reward Center.



Employee:

Earn up to \$300 in rewards per plan year. Plus, participate in sweepstakes.



Spouse:

Earn points redeemable for sweepstakes entries only

Reward example	
200 points	\$10
500 points	\$25
1,000 points	\$50
2,000 points	\$100

Quarterly sweepstakes

- Employees (plan subscribers) and enrolled spouses can redeem points for sweepstakes entries.
- Prizes are \$25 electronic gift cards.
- Each entry is 20 points. You can enter multiple times.
- Winners are drawn at the end of each calendar quarter.
- Subject to terms and conditions upon entry





How to get started with BlueCare Connect

- Register your member account at **bluecareconnectRI.com**.
- Download the **BlueCare Connect app** for added convenience.
- Scan the QR code and follow the steps to create your BlueCare Connect account or go to **bluecareconnectRI.com**.



Frequently asked questions

Who can participate in the wellness program?

Both employees (plan subscribers) and their spouses can participate. Only plan subscribers can earn the equivalent of up to \$300 per plan year in gift cards. Spouses can redeem points for sweepstakes entries.

How do I redeem my rewards?

Points can be redeemed for electronic gift cards in the Reward Center as they are earned, subject to processing timeframes. Sweepstakes can be entered quarterly.

When do my points reset?

Points reset on your plan's annual renewal date.

Can I sync a fitness device, app, or step tracker?

Yes, 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**.

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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