



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, track healthy habits, complete 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

Milestone levels

1,500 points

3,000 points

4,500 points

6,000 points



Quarterly sweepstakes

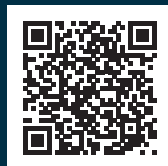
- Once 6,000 points have been earned, you will unlock sweepstakes in the Reward Center. Employees (plan subscribers) and spouses can redeem additional points for sweepstakes entries.
- Prizes are \$25 electronic gift cards.
- Each entry is 20 points. You can enter multiple times.
- Winners are drawn at the end of each quarter.



**Blue Cross
Blue Shield**
of Rhode Island

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.

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.



Fitbit is a trademark of Fitbit LLC. Garmin is a trademark of Garmin Ltd. Apple is a trademark of Apple Inc. Samsung is a trademark of Samsung Electronics Co., Ltd. Google Fit is a trademark of Google LLC.

