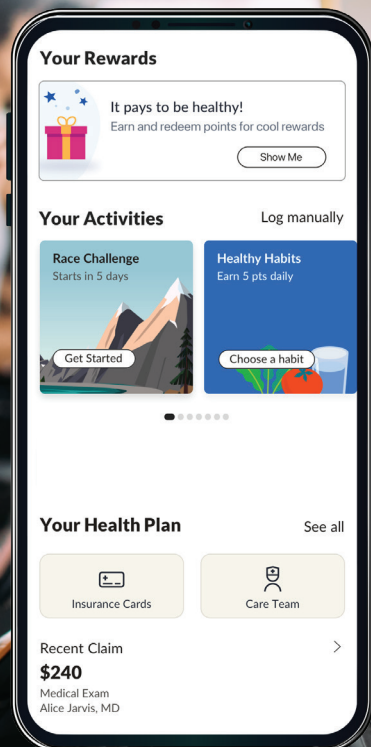


For use with Wellness Premium  
Reward for Small Groups



**BlueCare**  
+  CONNECT

**Your Annual  
Wellness Incentives**



**Blue Cross  
Blue Shield**  
of Rhode Island

# 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 30 points earned on BlueCare Connect. Both subscribers and covered spouses can also use their points to enter a quarterly sweepstakes in the Reward Center.



**Employee:**

Earn up to \$200 in rewards per plan year plus participate in sweepstakes



**Spouse:**

Earn points redeemable for sweepstakes entries only

| Reward example |                  |
|----------------|------------------|
| 300 points     | \$10 in rewards  |
| 750 points     | \$25 in rewards  |
| 1,500 points   | \$50 in rewards  |
| 3,000 points   | \$100 in rewards |

## Quarterly sweepstakes

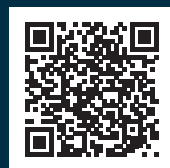
- Employees (plan subscribers) and enrolled spouses can redeem points for sweepstakes entries.
- Enter for a chance to win \$25 electronic gift cards.
- Each entry is 30 points. You can enter multiple times.
- Winners are drawn at the end of each calendar quarter.
- Subject to terms and conditions upon 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 \$200 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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