

For use with Wellness Premium
Reward for Small 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 (Google Health, Garmin®, Apple®, Samsung®, 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 BlueCare Connect 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 rewards 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 BlueCare Connect Reward Center as they are earned, subject to processing timeframes. Sweepstakes can be entered quarterly.

When do my points reset?

Points reset on your health 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 (Google Health, Garmin®, Apple®, Samsung®, and others).

Where can I learn more about BlueCare Connect?

Get helpful tips 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. You can also get direct support in BlueCare Connect using the Get Help feature.



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