

3 important changes to your wellness program

You will have a new wellness program later this year. In the meantime, here are three things to know:

1

Virgin Pulse® has changed its name to Personify Health.



It's still the same program, and you can do the same things with it. Track activities. Earn points for healthy decisions. See your progress. It's just a new name. Keep using Personify Health for now.

2

Personify Health is not part of your new BCBSRI online account.



BlueCare Connect has replaced myBCBSRI as your online member account. Personify Health is not part of BlueCare Connect. So now you will find your Personify Health wellness program on join.personifyhealth.com.

3

Later this year, you will start using BlueCare Connect for wellness.

The days of jumping from app to app are ending. When your new plan year starts, you will find your new wellness program, as well as your other benefits, 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™, Apple®, and others)
- Ability to track self-reported activity (for example, nutrition and sleep)
- Articles on healthy topics
- Social activities like step challenges



TIP

You will have 30 days to redeem your Pulsecash, if applicable, after your Personify wellness program ends.





SUMMARY

- ▶ Keep using your Personify Health wellness app for now.
- ▶ Find your wellness program at join.personifyhealth.com.
- ▶ Switch to BlueCare Connect for wellness later this year. You should be receiving more information as that date nears.
- ▶ Start using BlueCare Connect's other features—customer service, benefits and claims, health coaches, and so much more—right now. Here's how to get started:
 - Register your member account at bluecareconnectRI.com.
 - Download the **BlueCare Connect app** for added convenience.
 - Go to bluecareconnectRI.com or use the app to log in to BlueCare Connect anytime.



See what you can do right now with BlueCare Connect
at bcbsri.com/bcc.

Personify Health, previously Virgin Pulse®, is an independent wellness company, contracted by Blue Cross & Blue Shield of Rhode Island to provide wellness services. Fitbit is a trademark of Fitbit LLC. Apple is a trademark of Apple Inc.



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