



Your Annual Wellness Incentives

Use BlueCare Connect for wellness

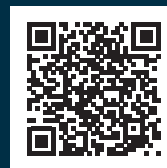
Whether online or on the app, everything you need is in one convenient place. You can set goals, earn rewards for tracking and completing healthy activities, and have fun while you make strides toward better health. Plus, you can:

- ✓ 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



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**.



**Blue Cross
Blue Shield**
of Rhode Island

Frequently asked questions

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).

When do my points reset?

Points reset on your plan's annual renewal date.

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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