

## Introducing Wellness Services from BCBSRI

Blue Cross & Blue Shield of Rhode Island (BCBSRI) is excited to provide Good Health Benefit®, our wellness service for small businesses and their employees. This value-added service delivers worksite wellness programs that help members get the most of healthcare benefits. Members will learn how to lead healthier lives, which can increase productivity and reduce sick days.



### Employers Can:

- **Attend a Wellness Employer Workshop, during which they will:**
  - Learn about the value of worksite wellness and lifestyle management
  - Find out about wellness resources available from BCBSRI
  - Meet with a Wellness Coordinator who will help create a healthy worksite and discuss the programs and wellness services that BCBSRI offers

### Members and their Families Can:

- **Attend Healthy Living Seminars** and learn a variety of health skills including:
  - Stress management
  - Healthy eating
  - Physical activity
- **Access a variety of online resources on BCBSRI.com, including:**
  - Tools on their member home page, such as:
    - A Personal Health Assessment (PHA) only takes a few minutes and provides a personalized report about health and potential health risks.
- Wellness tools, such as online classes, videos and other resources to help members improve and maintain their health and reduce personal health risks.
- The Fitness Discount Program provides the lowest available fees and free trial passes to 9,500 health clubs across the country, and a 10 percent discount on NordicTrack equipment from Sears.

The Wellness Calendar, available on **BCBSRI.com/together**, provides dates, locations, and content of workshops, seminars, and community events.

### Want to Learn More?

- **Employers...**contact your broker, account representative, or Wellness Account Manager.
- **Members...**See your employer or log on to your member home page at **BCBSRI.com**



www.bcsri.com

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