

Thousands are talking wellness at My Blue CommunitySM !

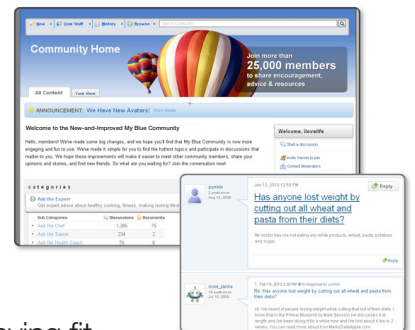


Your employees can join the discussion today.

Connecting with Blue Cross members across the country just got a lot easier. By signing up for **My Blue Community** on **BCBSRI.com**, your employees will join a far-reaching network of healthy-minded “friends”—and gain access to advice and tips on how to live a healthier, happier life.

This health-focused, online social network offers your employees:

- A safe, secure place to share experiences and get support from members with similar health goals.
- Message boards, member posts, and thousands of member-generated discussions.
- Tips and advice from experts, from cooking light to staying fit.



It's easy for your employees to get started. They simply need to:

1. Log on to **BCBSRI.com**.
2. Click on the **My Blue Community** link.
3. And create a screen name and personal profile to share with others.

**More than 25,000
Blue Cross members
are already talking.**



**Here's what members are saying about the ways
My Blue Community has helped them on their healthy journey.**

"My Blue Community was so supportive in my weight loss journey... It really lifts you up and makes you feel wonderful. It makes you feel supported... It's been an amazing journey to have those people with me through the cyber world. You know, they were all cheering me on and being inspirational." –Moiria H.

"I really like the message boards. I like to see what people are talking about. I like the fact that you can get other information. I found some great recipes... health tips, fitness training tips." –Susan B.

You can find a flyer for your employees on the employer page of **BCBSRI.com**.

Tell your employees to check out My Blue Community and add their voice to the conversation today!

Please note, this service is not currently available to BlueCHIP for Medicare members.

My Blue Community is a Web site that enables discussions among individual users. This Web site is intended solely as a forum for general information and users' opinions; it does not contain any advice that is intended for medical diagnosis or treatment, and does not substitute for professional medical advice and services. Always seek the advice of your physician or other qualified healthcare provider on any medical condition and before following any information that may appear on My Blue Community.

This Web site works best with Internet Explorer versions 7 and 8 and Firefox 3+. Other browsers such as Internet Explorer version 6 and Safari 3.0+ may not support all graphic elements.



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