

Carelon Wellbeing

Finding support just got easier

A new online experience exclusively for you

The pressures of daily living can be overwhelming. At times like these, Carelon Wellbeing is here for you. Our improved online platform makes it easier to get the support you need.

Our enhanced website is easy to navigate, confidential, and available at no additional cost. Visit carelonwellbeing.com/bcbsri for:



Personalized recommendations for care.



Service representatives available through phone, chat, or text.



Access to evidence-based resources including assessments, articles, videos, and podcasts.



The convenience of requesting appointments online.



Enhanced search to easily find providers.



Virtual counseling through video, phone, or chat.

We'll help you be your best

You can always turn to Carelon Wellbeing for:

Virtual or in-person counseling – Schedule an appointment with a licensed counselor for online or in-person sessions during times that work for you, even evenings and weekends. Sessions are strictly confidential.

Legal and financial services – Find an expert and learn ways to save on legal and financial services.

Work-life support – Find tips on child and elder care, schooling, home care, and daily living.



It's easy to connect with us

Call 866-987-3705

Service representatives available 24/7.

Text 866-987-3705

Monday through Friday
8:00 a.m. to 8:00 p.m. ET

Chat via carelonwellbeing.com/stateofrhodeisland

Monday through Friday
8:00 a.m. to 8:00 p.m. ET

Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.

Carelon Behavioral Health is an independent company contracted by Blue Cross & Blue Shield of Rhode Island to provide EAP services. Referrals or information provided about a particular provider or program do not constitute an endorsement or guarantee of the provider's services. The final decision on selection of services rests exclusively with the participant.

