



# Rewards for Wellness Program

BCBSRI's Rewards for Wellness program is designed to help you become attentive to your well-being and participate in activities to live a healthy life.

In partnership with Carelon Behavioral Health, we're offering Wellness Webinars to give you empowering tools for managing various life and work-related matters.

## This month's focus is on diversity and inclusion!

The goal of this class is to provide participants with a fundamental understanding of the power of creating an inclusive workplace for colleagues while demonstrating respect for all members of an organization.

An inclusive, respectful environment for all is a universal expectation, and this class highlights specific action steps to show respect and support to members of the LGBTQI+ and BIPOC communities.

After watching this month's Rewards for Wellness modules, you can earn a \$25 incentive under the Rewards for Wellness program after completion of the corresponding quiz.

You can access the recording [HERE](#)



## Did You Know...

Increased numbers of Black Americans are seeking Black therapists who can identify culturally with their experiences. While race can be an important factor in deciding a therapist, it's also good to consider the therapist's specialty, style of therapy, and your connection with the person.

The ability to bond with someone over shared experiences can help a client feel like their voice is being heard during a therapy session.

Your Carelon Wellbeing benefit can help you find a therapist who meets your individual needs. You can receive up to 3 visits with a counselor either face-to-face, telephonically, or via text.

Call 866-987-3705 or go online at [www.carelonwellbeing.com/stateofrhodeisland](http://www.carelonwellbeing.com/stateofrhodeisland) to get started and access well-being resources.