

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 mental wellness and resiliency!

As we all know, the past few years brought change, transitions, joy, and losses. This class will allow you to reflect, learn from your experiences, and exhale as you shift your focus toward the future and on growth. This session will be interactive as we discuss moving forward while acknowledging what we have experienced.

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](#)

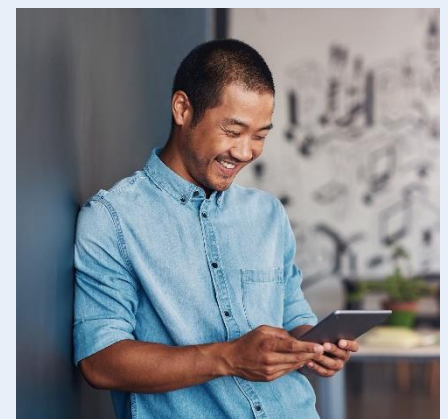
Did You Know....

There are everyday things you can do to improve how you feel. Connecting with others, getting enough sleep, eating well, avoiding drugs and alcohol, and doing activities you enjoy can make a difference.

You can get support to maintain your mental health...

Through your Carelon Wellbeing benefit, you can receive up to 3 visits with a counselor face-to-face, via text, or telephonically.

Visit www.carelonwellbeing.com/stateofrhodeisland to get started and access well-being resources.



It's easy to
connect with us

Call 866-987-3705
Service representatives available 24/7.