

BCBS of Rhode Island's Rewards for Wellness Program



BCBSRI's Rewards for Wellness program, in partnership with Carelon Behavioral Health, offers Wellness Webinars to help you focus on your well-being and manage life and work-related matters.

This month's focus is on caregiving and self-care!

Nearly one out of three Americans is currently providing care for a family member. This class will cover the issues of self-care, how to assess your family's needs and how to maintain balance within your life. We will also discuss common emotions caregivers may experience as well as special situations caregivers may face.

Employees can earn a \$25 incentive under the Rewards for Wellness program by completing the quiz after watching this month's module.

You can access the "Caregiving" recording [HERE](#)

Did You Know...

According to the National Alliance for Caregiving, 44 million family caregivers comprise nearly 20 percent of the U.S. adult population.

Most are close family members, often part of the "sandwich generation," raising their own children while caring for elderly loved ones.



Balancing these responsibilities can be challenging, and this is where your Employee Assistance Program (EAP) can provide valuable support.

If you need help or resources related to caregiving for a loved one, call 866-987-3705 or visit www.carelonwellbeing.com/stateofrhodeisland to get started and access well-being resources.