

# 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 depression and mental health awareness!**

Depression affects people of all genders, ages, and backgrounds, being a leading cause of disability worldwide with over 120 million affected. This seminar will cover the causes, symptoms, and impact of depression, and how to seek and receive help. We'll explore barriers to treatment and strategies to overcome them for a healthier, happier life.

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 "Depression" recording [HERE](#)

## Did You Know...

The effects of stress tend to build up over time, but taking practical steps can help manage it.

The following are some tips that may help you to cope with stress:

- Recognize your body's stress signals
- Consult your doctor or healthcare provider
- Exercise regularly
- Engage in relaxing activities
- Set goals and priorities
- Stay connected with supportive people



If you're overwhelmed by stress, seek support by calling 866-987-3705 or visiting [carelonwellbeing.com/stateofrhodeisland](https://carelonwellbeing.com/stateofrhodeisland) to access well-being resources.