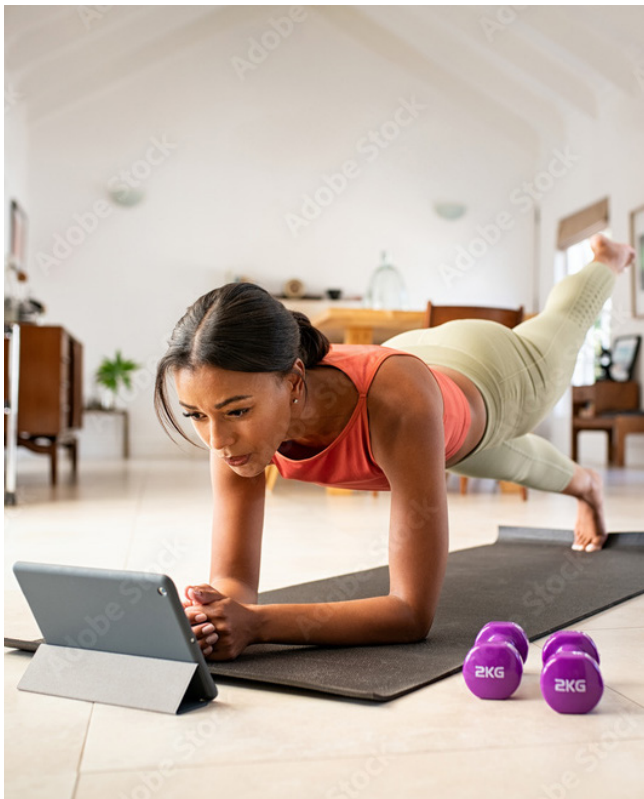


Enjoy online fitness benefits with Wellbeats

We all want to be active and feel our best, but we don't all want—or need—the same workouts to help us get there.

Wellbeats is a dynamic, all-about-you approach to fitness that's designed to help you develop and maintain a fitness routine that fits your lifestyle, schedule, and personal goals.



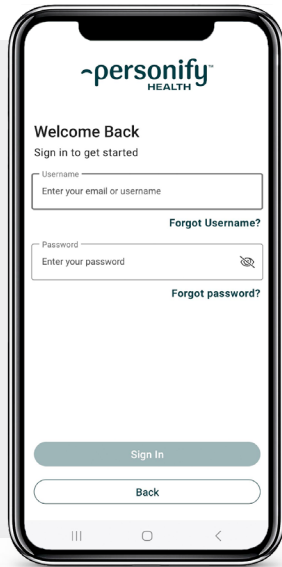
Wellbeats includes:

- **1,000+** online, on-demand fitness, nutrition, and mindfulness classes taught by certified instructors
- **30+** goal-based programs
- **70+** healthy recipes
- **Personalized** recommendations and workout plans
- **Fit tests** to help you track your progress
- **A virtual group** feature that lets you invite friends to scheduled classes
- **Selections** that are suitable for all ages, abilities, and interests

Earn Personify Health* wellness points

Wellbeats activities qualify for your quarterly Personify Health wellness incentive.

- Complete your fitness profile = **200 points** (one-time reward)
- Complete a Wellbeats Challenge = **100 points** per week
- Complete a 20-minute video workout = **up to 100 points** per day



Getting started is easy

Wellbeats integrates automatically with your Personify Health account.

- 1 **Log in** to your Personify Health account
- 2 **Click** the Benefits tab
- 3 **Click** View All
- 4 **Click** on Wellbeats
- 5 **Build** a quick member profile and **go!**

Find your fitness with Wellbeats

The more you use Wellbeats, the more it “learns” about you and your workout habits so it can recommend classes and challenges to support your fitness journey—whether you’re brand-new to exercising or a seasoned athlete.

Please note: You should always consult your primary care provider (PCP) before beginning any new exercise routine, especially if you have any pre-existing or chronic health issues.

Wellbeats works



4.5 stars
average class rating

85+
countries

1.8M+
users

74
Net Promoter Score**
(customer satisfaction rating)



Have questions? We're here to help!

Call the **State of Rhode Island Employee CARE Center (401) 429-2104** or **1-866-987-3705**
Monday – Friday, 8:00 a.m. to 8:00 p.m. Saturday, 8:00 a.m. to noon

*Personify Health® is an independent wellness company, contracted by Blue Cross & Blue Shield of Rhode Island to provide wellness services.

**Wellbeats' Net Promoter Score (NPS) is accumulated through an average score reported in client satisfaction survey responses submitted by Wellbeats' clients from 2019 to 2021.



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