

# Wellness Portal

*Ready to improve your health?  
Don't know where to get started?*

The BCBSRI wellness portal provides access to a variety of web-based workshops, trackers, and health information. At the click of a link it delivers personalized health information tailored to meet your needs.

## The Wellness Portal:

- Comprehensive Health Assessment
- Customized Meal Plans and Exercise Plans
- Incentive Points Tracker

## Workshop Topics:

- Exercise
- Nutrition
- Smoking Cessation
- Stress Management

## To Access Portal:

- 1) Go to [BCBSRI.com](http://BCBSRI.com) and log in to your member page.
- 2) Scroll down the page to the “Health Management Tools” section and click on “Wellness Portal with Health Assessment”.
- 3) Click on the “Your Wellness Portal” link



500 Exchange Street • Providence, RI 02903-2699

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