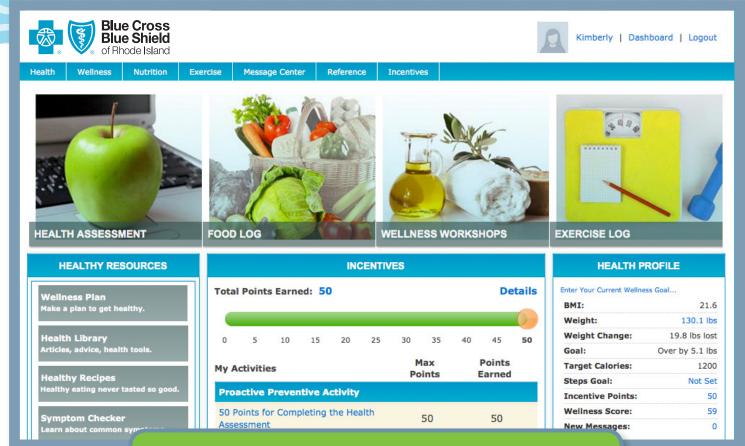
Wellness Portal



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 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





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