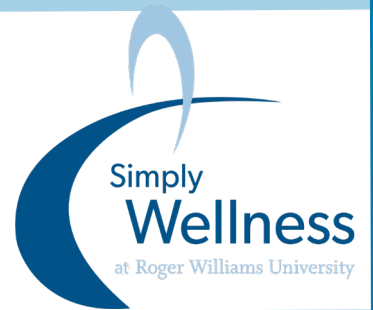


2025-2026 Simply Wellness Incentive Program



NEW! Use BlueCare Connect for Wellness:

Powered by BlueCare Connect (BCC), the Simply Wellness program supports you to strengthen the mind, body and soul for a healthier lifestyle.

Faculty & Staff on RWU's medical plans: Earn back 4% of the annual individual insurance premium OR 3% of the annual family premium in wellness incentive payouts.* See details below in *Program Overview*.

**Must be an active employee at the time of the payout*

Registration & Log-In is Simple:

Step 1: Scan the QR Code or [click here](#) to register via web

Step 2: Go to **New Here? Create an Account** and follow prompts

Step 3: (web only) Download the **BlueCare Connect RI app** for added convenience



Program Overview:

Complete the following between 7/1/25 through 6/30/26 to earn the incentive:



Activity	Points
Well-Visit or Preventive Screening	500
Dental Cleaning	250
Health Assessment Survey	200
Additional Activities	1050
Total Points Needed:	2,000

Key Platform Features:

Click “Benefits” and tap **All Benefits** to view all programs.

Check out these easy ways BlueCare Connect can support you to get more active, eat well, and manage life’s ups and downs—every day!

Health Assessment Survey

This short, confidential survey assesses your health across multiple factors. You’ll receive personalized recommended actions you can take to start improving your wellbeing

Wellness Wednesday & Mindful Mondays

Join a webinar or workplace break every 2nd Wednesday and every 4th Monday. Use the Self-Report feature to earn points.

Challenges

Rally your coworkers with the Create Your Own Challenge feature – invite up to 50 coworkers or friends, or join in the bi-annual company step challenges.

Step Tracking

Small steps can lead to big benefits! Link a tracker or manually add steps and workouts to earn points and reach daily goals. Be sure to sync within 30 days to earn points.

Personalized Articles & Content

Based on your needs and interests, receive health and wellness articles, quizzes, and recommendations tailored to you.

Health Coaching

Health coaches are behavior change specialists who can guide you in making lasting lifestyle improvements, from managing stress to improving sleep or healthier eating.

Healthy Habits

Find a healthy habit to develop based on your personal health goals, and track up to two each week.

Sleep Tracking

Earn points while you sleep and build healthy habits that will impact you awake hours, too! Simply link a sleep tracker or app and be sure to sync within 30 days to earn points.

Healthy Eating

Increase your awareness of food choices and serving size and get support in meeting nutritional goals and improving your eating habits long term. Link a nutrition tracker or app, or enter manually to earn points. Be sure to sync within 30 days to earn!

Sync a Health Tracker:

Click “Settings” and tap **Manage Health Trackers**. Choose a device or app to Connect.



Apple Health



Garmin



Fitbit



Samsung Health



Google Fit



WHOOP



Withings



Fatsecret



MyFitnessPal

Sample Ways to Participate:

Click “Rewards” and tap **Ways to Earn** to view all points earning opportunities.

	Do healthy things on the platform:	Earn 6,000 points to unlock quarterly sweepstakes
Getting started	Register	100 points
	Download the mobile app	50 points
	View your health plan or your claims	25 points
	Rate a doctor or Build your care team	50 points
Daily	Track your steps: 5k, 7k, 10k	5, 7, or 10 points
	Track your sleep: 2+ hours	5 points
	Track your meals	10 points
	Track 2 healthy habits	10 points
Monthly	Self-Report a wellness event or webinar	50 points
2x per Year	Join the company-wide step challenge	25 points
Annually	Annual Well-Visit	500 points

Quarterly Sweepstakes:

Quarterly sweepstakes

- Once all four levels have been reached, employees (plan subscribers) and spouses can redeem additional points for sweepstakes entries.
- Prizes are \$25 electronic gift cards.
- Each entry is 20 points, and entries are unlimited per user.
- Winners are drawn at the end of each quarter.



Frequently Asked Questions:

How do I earn points?

There are many ways to earn points through BlueCare Connect wellness.

From the **Home** screen, scroll down to find **Your Rewards** and select **See all ways to earn**. Select the **Ways to Earn** tab. Another option: From the **Home** tab, scroll down the menu, click on “Rewards,” and select **Ways to Earn**.

On the **Ways to Earn** screen, scroll down to view your options for earning points (such as syncing a device, tracking daily activities like steps, food and sleep, and completing actions within the app).

Track your progress at the top of the **Ways to Earn** tab.

How do the points milestones/levels work?

There are 4 milestone points levels. Unlock sweepstakes and redeem points for entries by reaching level 4!

Level 1: 1,500 points | Level 2: 3,000 points | Level 3: 4,500 points | Level 4: 6,000 points

How do I sync a fitness tracker?

During your initial onboarding, you will have the option to connect a health tracker. Tap or click on **Settings** in the left-hand menu. Then select **Manage Health Trackers**. Locate and select your preferred **Health Tracker**. You will then be sent to that tracker’s correlating external website.

*If you need help or more information, go to **Settings** and tap **Help & Support** to locate [additional FAQs](#) and/or **Tracker Support**.*

How do I track Healthy Habits?

On the **Home** tab, scroll down to **Your Activities** and select **Healthy Habits**.

- Select up to two habits at a time.
- Schedule reminders for when you want to practice your new habit(s).
- Track your new habits and earn daily points.

How do I create a challenge?

From the Home screen, scroll down to Your Activities, and click on the “Create your Own Challenge” tile. You have the ability to invite up to 50 friends to participate in the challenge with you. *Users may only participate in one challenge at a time, and you will not be able to invite a friend that is already participating in a challenge.*

Can we earn points for participating in wellness programs outside of BlueCare Connect?

Yes, you can earn 50 points each month for participating in a wellness event such as a seminar, webinar, or group exercise class. After participating, Scroll down through the menu on the Home screen and select Benefits, and click on “Browse All”. Scroll down and select “All Benefits”, and select 2025 Webinars and Events. Click the “Start” button on the appropriate month, then tap “Yes” and “Submit” button.

How do I receive points for my annual well-visit?

Any visit coded as your annual preventive well-visit through your BCBSRI plan will automatically feed over into BlueCare connect through your integrated claims – no need to fill out any special form! It may take 30-60 days for your claim to process.