

BCBSRI.com: Your Online Health Resource

Americans spend billions of dollars a year on personal health and wellness information. As a Blue Cross & Blue Shield of Rhode Island (BCBSRI) member, you can take advantage of many health and wellness resources—simply by registering on BCBSRI.com. You will have access to tools and information to help you improve your quality of life, reduce healthcare costs, and build a lifetime of good health.

So visit **BCBSRI.com** and get started today!

Gain access to valuable health and wellness tools, information, and discounts through our Blue365 program. Blue365 also offers savings and information on family care and travel services, and puts you in touch with financial services experts and resources.

Take a Personal Health Assessment and receive a Personal Health Risk Profile that shows your risk factors for diabetes, heart disease, and other chronic conditions. Plus, you'll get tips for reducing your risk for these diseases and conditions.

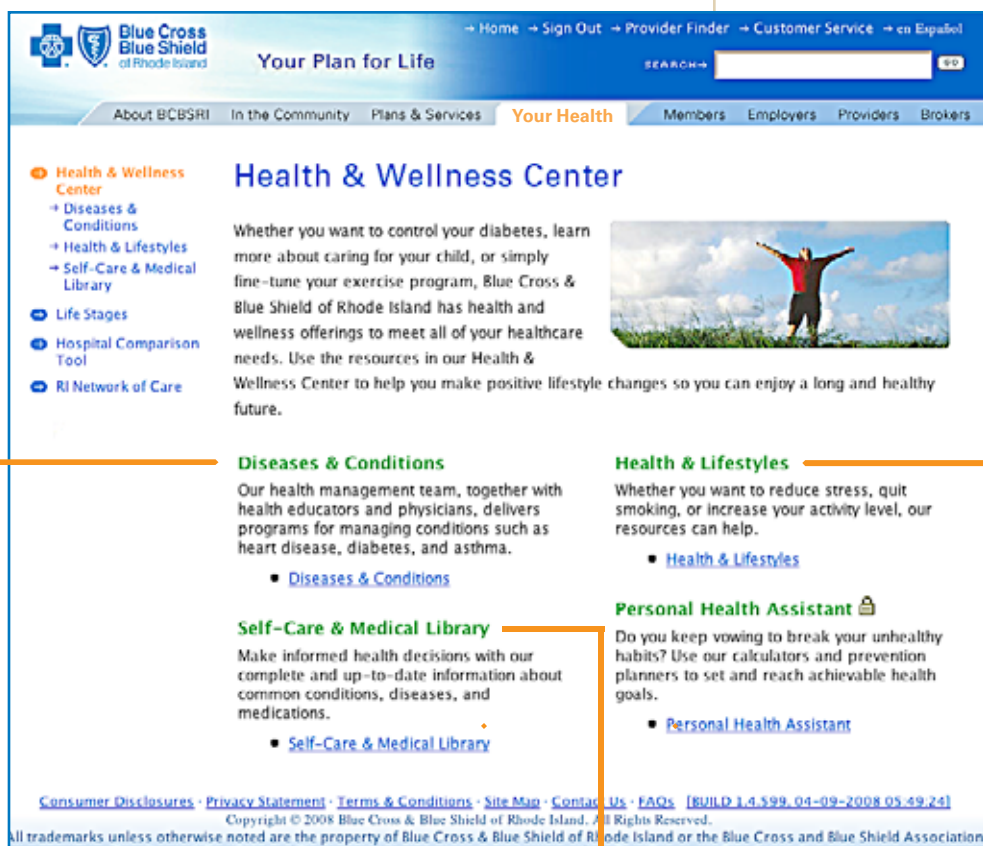
Our personalized programs can help you quit smoking, eat smarter, or reduce stress. These self-directed programs will create a plan that's right for you.

The screenshot shows the BCBSRI.com 'Members' page. At the top, there's a navigation bar with links: Home, Sign Out, Provider Finder, Customer Service, and en Español. Below this is a search bar. The main header area includes 'About BCBSRI', 'In the Community', 'Plans & Services', 'Your Health', 'Members' (highlighted), 'Employers', 'Providers', and 'Brokers'. The 'Members' section is titled 'Welcome! Joanne Sample' and 'Members'. It features a 'SIGN OUT' button and a 'Member Home' section with links to View Benefits, Claim Center, Pharmacy, BluePerks, Interactive Health Solutions, Secure Messaging, Member Self-Service, and Update Web Account. The main content area is divided into several sections: 'HealthMate COAST•TO•COAST®' with a 'My Health Plan' link; 'Women's Health' with a link to 'Learn More >>'; 'View Benefits' with a link to 'Learn More >>'; 'Asthma' with links to 'Allergy skin tests', 'Asthma inhalers', 'Asthma in adults', 'Hives and angioedema', and 'View all articles on this topic'; 'Congestive Heart Failure' with links to 'Heart failure', 'Implantable cardioverter-defibrillators', 'Biventricular pacemaker', 'Coronary calcium scans', and 'View all articles on this topic'; 'Physical Activity' with a link to 'Exercise: When to check with your doctor first'; 'Hospital Comparison Tool' with a link to 'Search by procedure >>'; 'Typical Medical Outpatient Costs' (PDF 41K); 'Live healthy and live well, too.' (Blue365); 'Assess Your Health' with a link to 'Personal Health Assessment (PHA)'; 'Personalized Programs' with links to 'Smoking Cessation', 'Stress Management', 'Weight Management', 'Nutrition', and 'Back Care'; 'Wellness Trackers' with links to 'Physical Activity Tracker' and 'Nutrition Tracker'; and 'Claim Center' with a link to 'View up to the last 24 months'.

This section will be personalized for you based on your gender.

You can customize your home page with information that's of particular interest to you. Choose from a wide variety of topics, such as asthma, nutrition, or newborn care.

Knowledge really is power. The more you understand about wellness, the better you are able to take charge of your health. In our **Health & Wellness Center**, you'll find practical articles from Mayo Clinic Health Information® on nutrition, physical activity, stress management, back care, pregnancy, child care, and more.



Looking for information and tools to help you maintain a healthy lifestyle? Visit Health & Lifestyles to:

- Learn more
- Take action
- Stay on track

Get answers to your questions and practical advice to help manage your condition and stay healthy.

We provide step-by-step instructions for treating the minor injuries, illnesses, and conditions that can be remedied at home. Learn to recognize warning signs and when to seek medical attention.

Take Care of Your Health...Register Today!

A world of health and wellness is waiting for you at BCBSRI.com. Take advantage of our free online tools to help improve your health and save money. Registration is free and only takes a few minutes. All you need is your member ID card.



Your Plan for Life.™

www.BCBSRI.com

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

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