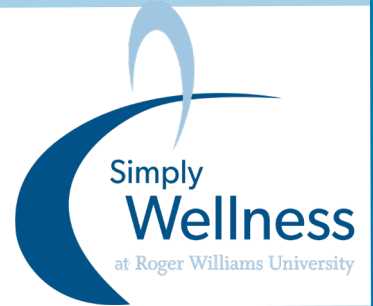


2026-2027 Simply Wellness Incentive Program



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 7/1/26 through 6/30/26 to earn the incentive:



Activity	Points
Well-Visit or Preventive Screening	500
Dental Cleaning or Preventive Exam	100
Health Assessment Survey	200
Additional Activities	1050
Total Points Needed:	1,850

Key Platform Features:

Go to **All Benefits or Ways to Earn** to view 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. Go to Events and Webinars to register, view past recordings, and 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 quarterly 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 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 **Manage Trackers and Devices**. Choose a device or app to Connect.



Apple Health



Garmin



Fitbit



Samsung Health



Google Fit



WHOOP



Withings



Fatsecret



MyFitnessPal

Sample Ways to Participate:

Go to the Rewards or **Ways to Earn** section 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 calories	10 points
	Track 2 healthy habits	10 points
Monthly	Self-Report a wellness event or webinar	50 points
4x per Year	Join the company-wide step challenge	25 points + 2x step points
Annually	Annual Well-Visit or Preventive Screening	500 points

Quarterly Sweepstakes:

Quarterly sweepstakes

- Once 6,000 points have been earned, you will unlock sweepstakes in the Reward Center. Employees (plan subscribers) and spouses can redeem additional points for sweepstakes entries.
- Prizes are \$25 electronic gift cards.
- Each entry is 20 points. You can enter multiple times.
- Winners are drawn at the end of each quarter.



Frequently Asked Questions:

How do I track my wellness activities?

On the Home tab, scroll down to see where to track activity, sleep, and nutrition. View your progress from Ways to Earn and the History tab. See below for how to sync a device.

To track activities manually, select the option to Log Manually under the Get Active, Sleep Well, or Eat Smart programs in the Your Activities menu. Use the drop-down menu to Search for an activity. Then, adjust the slider bar as needed to record minutes, steps, calories, etc.

How do the points milestones/levels work?

There are 4 milestone points levels in BlueCare Connect. Level 1: 1,500 points | Level 2: 3,000 points | Level 3: 4,500 points | Level 4: 6,000 points. The 6k points threshold or milestone level acts as your "key" that unlocks the quarterly sweepstakes. Once you meet this final threshold, your earned points no longer appear in your points balance. *Only points earned after reaching the threshold can be used for sweepstakes entries.*

How do I sync a fitness tracker or device?

During your initial onboarding, you may have the option to connect a health tracker. If this step was skipped, or you need to add a new tracker, you can go to **Manage Trackers and Devices** either from the Wellbeing or Account Settings section. 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** [age, scroll down to find **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 "Create your Own Challenge" or find it in the Wellbeing tab. 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 on the Home screen and select Ways to Earn - See Ways to Earn, and tap Events & Webinars. Click the "Start" button on the month, then tap "Yes" and "Submit" button.

How do I receive points for my annual well-visit, preventive screening, or Delta Dental preventive visit?

Any visit coded as your annual preventive well-visit or eligible preventive screening 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. Contact HR if you don't see points in your Ways to Earn history. *Note your dental visit must be coded as preventive in order to earn points.*