



Let BlueCare Connect coach you to better health

With BlueCare Connect health coaching, making positive life changes to improve your health has never been easier.

Your health coach will work with you to create a personalized plan to tackle your goals and habits head-on.

Sessions are available over the phone and included in your health plan benefits.

Ready to get started?

Your coach will help you:

- **Work through life transitions**
- **Navigate a new diagnosis**
- **Improve physical activity**
- **Manage stress**
- **Build healthy habits**
- **Celebrate your progress**
- **And more**

Schedule your appointment today. Earn up to 650 points!

Go to your home page to schedule a call with a health coach.

Want to learn more? Head to the Benefits or Ways to Earn tab and click Health Coach.

BlueCare Connect health coaching is provided for informational purposes only and does not constitute medical or other professional advice. You should consult a physician in all matters relating to your health, and particularly in respect to any symptoms that may require diagnosis or medical attention, as well as prior to involvement in any exercise program. Blue Cross & Blue Shield of Rhode Island does not recommend or endorse specific tests, procedures, advice, or other information provided as part of health coaching.

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