

Take Full Advantage of Your Healthcare Coverage!

Register and sign in on BCBSRI.com to receive all of the advantages that come with your healthcare coverage! On our Web site, you'll find interactive tools to help you improve your health, save time, and use the healthcare system wisely.

When you sign in to BCBSRI.com, you'll be taken to the member home page, where you can access:

Assess Your Health

Are you eating right, exercising enough, and driving safely? Take our **Personal Health Assessment** to find out. You'll also receive recommendations on steps you can take to improve your health!

Participate in Self-Guided Health Programs

Access self-guided programs to help you stop smoking, manage stress, achieve your weight loss goal, and improve your eating habits.

Keep Track of Your Health

Keep all of your health information in one place with **Personal Health Record**. Use other trackers to log your fitness activity and/or manage a chronic condition.

View Your Benefits and Claims History

Access information about copays, deductibles, and coverage. You can also view up to 24 months of prescription drug and medical claims history.

Visit the Pharmacy Center

Find the copayment of any prescription drug, request mail order drugs, and use other online pharmacy tools.

Send a Secure Message

With Secure Messaging, you can send a confidential message to Customer Service, and receive a response within one business day. This feature is also available for communicating with BCBSRI case managers or your healthcare provider.

Save Yourself a Call with Member Self-Service

Change your address, request a member identification (ID) card, and update your primary care physician and other insurance information. Manage these aspects of your BCBSRI account with a click instead of a call! Member Self-Service is quick, convenient, and confidential. *Note: Some employers require that you request a change of address or order ID cards through their Human Resources Department.*

Access Mayo Clinic Health Information

Mayo Clinic Health Information is one of the most trusted names in the medical field. These articles address self-care, chronic disease, nutrition, fitness, and much more. You can find Mayo Clinic Health Information in the Health and Wellness Center of BCBSRI.com



How to Register and Sign In on BCBSRI.com*

To access all of the tools and information on BCBSRI.com, register on the site and request an Activation Code.

To register on BCBSRI.com:

1. Visit BCBSRI.com.
2. At the top of the screen, click on **Register**.
3. Follow the instructions on the site.

It's that simple! In a few days, you'll receive your Activation Code in the mail. To complete the registration process, follow the instructions in the letter sent with your Activation Code. If you're having difficulty registering or signing in, please contact Customer Service using the telephone number on the back of your ID card. Then receive all of the advantages for registered members on BCBSRI.com!

* Registration instructions are subject to change. Please visit the registration page on BCBSRI.com for the most up-to-date information.



www.BCBSRI.com

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