

# How Do I Earn the \$50 BMI Incentive Credit?

Eligible employees\* have four options to earn the \$50 incentive credit:

Obtain a Body Mass Index (BMI) screening with a BMI of less than 30 at a State of Rhode Island health fair **or** at your physician's office. Employees who obtain a screening at their physician's office with a BMI of less than 30 may earn the credit by submitting a BMI Co-share Incentive Credit Form to UnitedHealthcare by March 31, 2016. The entire physician section on the form must be completed.

**OR**

If your BMI is 30 or over, or if you do not wish to be screened, you may complete one of the following to qualify for the incentive credit and submit the BMI Co-share Incentive Credit Form to UnitedHealthcare by March 31, 2016.

**OR**

Submit gym payment receipt(s) showing that you have **enrolled in a gym membership between the incentive offer beginning on 11/2/15 through 3/31/15 and the membership must be at least three months during the incentive offer (11/2/15-3/31/16)**

**OR**

Attend 3 visits with an in-network nutritionist/dietician (no co-payment if BMI  $\geq$ 30) Nutritional counseling services are a covered benefit only if BMI is 30 or over, or if employee has a certain medical conditions that require a special diet (i.e., diabetes, coronary artery disease). Up to a maximum of six (6) sessions per year are covered. Visits to a Registered Dietician must be prescribed/referred by a physician in order to be covered by the state medical plan.

**OR**

Enroll in an approved weight loss program, such as Weight Watchers.



\*All State of Rhode Island employees are eligible to participate in Rewards for Wellness activities, but only employees who are paying the State employee medical co-shares that are posted at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) are eligible to receive incentives for co-share credit