



*State Employee feedback on the health-enhancing
impact of the Rewards for Wellness program!*

"I always thought the Wellness Program was just a way to get monetary benefits until this year. At the Health Fair **I found out that my blood pressure was very high, lot higher than ever.** This information scared me and it lead to really positive stuff. I have lost weight since the health fair and I continue to exercise on a regular basis. The awareness I received was awesome and it proved to me that the Wellness Program is not just a monetary benefit; it is a life changing benefit which is more important than the monetary benefit. Thanks for the awareness; **it has changed my life in a very positive way.**"

"I went to a nutritionist, and I changed my eating of food. I **lost 29 lbs. I am so happy.**" "I have **diabetes and this program has helped me.**"

"Since I became involved in September of 2009 I have **lost over 90...**"

"**Great motivational program,** not only does it improve your health and attitude, you even get paid for it! Can't get better than that! **Thank you...**"

"Since I have been involved with the wellness program, **I eat better, exercise more, quit smoking** over 2 years ago and watch my blood pressure and cholesterol."

"It has actually helped me to see that I need to **take extra care of myself.** I go for a walk during lunch time...**use of the stair in place of the elevator.**"

"I **learned I have high blood pressure** and now I'm **on two medications that help me tremendously** and I eat so much better. **Thank you.**"

"When my BMI was a just "a little" too high to receive that reward I joined the Weight Watchers at work program. **Lost 8 lbs** and working hard to be more healthy."

"I've lost **13 pounds,** go to counseling and have a rare glass of wine, rather than nightly."

"**Lost 12 lbs, my cholesterol and blood pressure is lower, & exercising more.**"

"The wellness program has been integral in making me **more responsive and proactive with my well-being.** I now walk 3-miles everyday rain or shine and have started yoga. **Thank you for providing the incentive!**"

"It's been great and it's really **helped me be proactive in taking care of my health and overall wellness; thank you** for a wonderful program."

"**Lost 45 Lbs** and improved **blood test results.**" "Loved health and wellness fair **instrumental on my getting my blood pressure in check.**"

"I went to a nutritionist just before the health fair with that and seeing my BMI and the hand outs and displays got me motivated, I am now exercising and eating more healthy. **My insulin levels and my weight are slowly coming down.** Thanks"

"I really got a lot out of the program, it was there that I found out that my cholesterol was high, I went to my MD and after diet and exercise did not lower it, I **began medication for the treatment of high cholesterol.** Thanks."

*"I am proud that the State of Rhode Island is proactive with the health of its employees.
Please keep these programs going!"*