

Rewards for Wellness

frequently asked questions

What is the State of Rhode Island Rewards for Wellness Program all about? The State of Rhode Island Rewards for Wellness program guides you through steps that may proactively improve your health by participating in programs and activities such as physical activity, smoking cessation and health screenings.

What is the maximum incentive that I can earn? The maximum incentive is \$500 in the form of a co-share health insurance credit.

How will I receive my incentive rewards? Incentives will appear on your paycheck as a credit to your health insurance co-share in \$25 increments. Employees receiving their paycheck by direct deposit can verify receipt of the credit each pay period by looking for a statement in the messages section on the pay stub.

Who's eligible to participate? All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only state employees who are covered by the 2008 plan changes and who also pay the co-shares established for state employees are eligible to receive incentives for co-share credit.

Is my spouse eligible to participate? No. Only employees are able to participate in the Rewards for Wellness program.

What if I don't have internet access? Ask your agency HR representative if there are computers available. Internet access is also available at public libraries.

Can I use my work computer? Use of work computers is acceptable for completing online wellness programs.

Can I participate in programs during work time? Participation in wellness programs is acceptable before and after work hours and during lunch and break times.

Will I receive co-share incentive credit if I complete an activity after the specified time frame? No. To receive incentive credit, activities must be completed within the specified time frame.

Do I have to participate in all activities to receive a co-share incentive credit? No. You will receive a co-share incentive credit for each activity you complete within the specified time frame.

Do I have to participate? Rewards for Wellness is strictly voluntary. Employees are under no obligation to participate.

Does the incentive apply to me if I am already engaging in healthy activities and behaviors? Yes. All eligible employees may participate in Rewards for Wellness regardless of their health status. To receive co-share incentive credits, eligible employees must complete activities within the specified time frame.

If an employee participates in a program, but ends their employment before the co-share credit is paid would he/she still get the co-share credit? No. Individuals not employed at the time of the co-share credit award payment will not receive the incentive, even if they participated in the program during employment.

Why do I need to take the health screenings again? Routine screenings help detect signs of more serious potential health risks. High blood pressure increases your risk of heart attack, stroke and renal disease. Being overweight or obese is associated with heart disease, diabetes and some cancers. The U.S. Preventive Services Task Force (USPSTF) recommends routine blood pressure and body mass index screening in adults.

Why do I need to take the Online Health Assessment again? Taking the Health Assessment annually allows you to keep track of your personal health and take actions that may be needed to improve your health.

Will my personal information be protected? Yes. Your personal health information will be protected in accordance with HIPAA. None of your information will be shared with the State of Rhode Island.