

State of Rhode Island

Rewards for Wellness 2013-2014 Program Calendar

Take steps in a healthy direction and earn up to \$500!

Rewards for Wellness	Activity Description	Incentive Amount	Time of Offer	Incentive Delivery	Completed ✓
	1. Complete "Choosing Care" Online Tutorial.	\$50	August 1, 2013 through September 6, 2013	October 25, 2013	<input type="checkbox"/> Date: _____
	2. Complete myuhc.com Online Health Assessment.	\$50	August 1, 2013 through December 2, 2013	January 17, 2014	<input type="checkbox"/> Date: _____
	3. Obtain Blood Pressure Screening less than 140/90 OR consult with your physician for follow-up.*	\$100	August 1, 2013 through December 31, 2013	February 14, 2014 February 28, 2014	<input type="checkbox"/> Date: _____
	4. Obtain Total Cholesterol/HDL Ratio Screening equal to or less than 5.0 OR consult with your physician for follow-up.*	\$100	August 1, 2013 through December 31, 2013	March 14, 2014 March 28, 2014	<input type="checkbox"/> Date: _____
	5. Obtain Body Mass Index (BMI) Screening less than 30 OR complete one of the approved actions to lower your BMI.**	\$100	August 1, 2013 through March 26, 2014	May 9, 2014 May 23, 2014	<input type="checkbox"/> Date: _____
	6. Complete Physical Activity Challenge.	\$100	April, 2014 Kick-off	June 20, 2014 July 4, 2014	<input type="checkbox"/> Date: _____

* Follow-ups require submission of a form. Please see inside this brochure for details.

** Approved actions to lower your BMI: enroll in an approved weight loss program **OR** participate in three visits with an in-network registered dietician/nutritionist **OR** provide receipt(s) showing active gym membership for at least three months during the time of BMI offer. Form submission is required.

More program details are available at www.wellness.ri.gov and in your HR Department.