

# Rewards for Wellness

## Frequently asked questions

### **What is the State of Rhode Island Rewards for Wellness Program all about?**

The Rewards for Wellness program guides you through steps to proactively improve your health by participating in events such as the physical activity challenge and health screenings.

**Who is eligible to participate and is it mandatory?** All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only employees who are paying the State employee co-shares posted on the Office of Employee Benefits website at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) are eligible to receive incentives for co-share credit. Participation is voluntary.

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

**How will I receive the incentive credit?** Incentives will appear in your paycheck as a credit to your health insurance co-share. 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.

**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.

**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.

**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 participate in programs on work time and use my work computer?** Participation in wellness programs is acceptable before and after work hours and on lunch and break times. Use of work computers is acceptable for completing online wellness programs.

**I have high blood pressure, high cholesterol, and/or a high BMI, can I still receive the incentive credit?** Yes. You can still receive the incentive credit if you take the qualifying actions explained in the program details. Submission of appropriate forms by deadlines is required.

**How can I verify that I completed each Rewards for Wellness activity?** When you complete the "Choosing Care" Tutorial or the Health Assessment, you can print out a confirmation page for your records. When you receive health screenings at the health fair or at your doctor's office, you will receive a copy of the results. For the physical activity challenge, print your completed online tracking form. Please keep fax confirmations for all form submissions.

**Will my personal information be protected?** Yes. Your personal health information will be protected in accordance with the Health Insurance Portability and Accountability Act (HIPAA) and will not be shared with the State of Rhode Island.