

Rewards for Wellness
Full Year/Academic Year Payout Schedule 2013-2014
(only applicable to CCRI, RIC and URI)
(for employees paid on a 17, 18, 19, 20 or 22 pay period schedule)

Rewards for Wellness Activities	Start-Finish	Incentive	Incentive Delivered			
			Full Year		Academic Year	
1. Complete "Choosing Care" Tutorial and 10-question Quiz.	August 1, 2013 – September 6, 2013	\$50	Oct 25, 2013	\$50	Oct 25	\$50
2. Complete Online Health Assessment.	August 1, 2013 – December 2, 2013	\$50	Jan 17, 2014	\$50	Jan 17	\$50
3. Obtain Blood Pressure Screening less than 140/90 or obtain a follow-up with your physician.	August 1, 2013 – December 31, 2013	\$100	Feb 14, 2014 Feb 28, 2014	\$50 \$50	Feb 14 Feb 28	\$50 \$50
4. Obtain Total Cholesterol/HDL Screening equal to or less than 5.0 or obtain a follow-up with your physician.	August 1, 2013 – December 31, 2013	\$100	March 14, 2014 March 28, 2014	\$50 \$50	March 14 March 28	\$50 \$50
5. Obtain Body Mass Index (BMI) Screening less than 30 OR Enroll in an approved weight loss program like Weight Watchers OR have three visits with a nutritionist OR submit proof of gym membership for three months.	August 1, 2013 – March 26, 2014	\$100	May 9, 2014 May 23, 2014	\$50 \$50	May 9 May 23	\$50 \$50
6. Complete Physical Activity Challenge (5 weeks).	April 2014 – May TBD, 2014	\$100	June 20, 2014 July 3, 2014	\$50 \$50	Sept 12 Sept 26	\$50 \$50