



2013-2014

**State of Rhode Island
Rewards for Wellness:
Take Steps in a
Healthy Direction
and Earn Up to \$500!**



**State of Rhode Island
Rewards for Wellness:
Take Steps in a Healthy Direction
and Earn Up to \$500!**

State of Rhode Island
Department of Administration
Office of Employee Benefits
One Capitol Hill
Providence, RI 02908

PRESORTED
STANDARD
US POSTAGE PAID
PROVIDENCE, RI
PERMIT # 1286

The State of Rhode Island is pleased to present the 2013-2014 Rewards for Wellness Program.



State Employee Wellness Initiative

Dear Rhode Island State Employee:

I am pleased to present the 2013-2014 Rewards for Wellness program. The Rewards for Wellness program is a State employee wellness incentive program designed to help you adopt and maintain healthy behaviors as a way of life. It aims to increase your awareness of your own health status and provides the education and resources to help you stay healthy, get healthy, or live better with an existing illness.

If you are an eligible employee and you participate in the activities described in this brochure, you will receive up to \$500 in credits towards the cost of your health insurance co-shares.

Since its inception, Rewards for Wellness has helped thousands of State of Rhode Island employees become more engaged with their well-being. The annual Health Assessment helps employees understand their personal health risks and provides advice to help lower risks.

The 2013 Rewards for Wellness Program Satisfaction Survey reveals that many employees have lowered their Body Mass Index (BMI) by losing unwanted pounds to meet BMI targets. Others have been able to control high blood pressure by working with their doctor to meet blood pressure targets. Employees are reporting that they are eating healthier, exercising more, and managing stress as a result of participating in the Rewards for Wellness program.

Taking part in Rewards for Wellness is easy, so get started today and take action to improve or maintain your health!

Best of Health,

A handwritten signature in black ink that reads "Lincoln Chafee".

Lincoln Chafee

Governor



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.

Rewards for Wellness

Details for upcoming programs

1

Read the “Choosing Care” Tutorial and Complete the Review Quiz at www.wellness.ri.gov by September 6, 2013, and Earn \$50.

Deciding where to go when you need medical care can be overwhelming. With so many options to choose from, it can be difficult making the most medically appropriate and most cost-effective choice on your own. The goal of the “Choosing Care” Tutorial is to help you gain a better understanding of your options for care settings, the services offered, and the associated costs so that you can make informed decisions. After submitting your quiz answers online, print the “Choosing Care” Tutorial confirmation page for your records.

2

Complete the Health Assessment by December 2, 2013, and Earn \$50.

The 58-question Health Assessment provides you with immediate feedback on the current state of your health. It only takes 15 to 20 minutes to complete, and your responses help you to identify your personal health risks. You can also compare your results with your previous health assessment to track your progress and continue to learn healthy habits. Health Assessment instructions are provided in this brochure. After completing the Health Assessment, print the confirmation page for your records.

3

Obtain Blood Pressure Screening Results less than 140/90 or Consult with your Physician for Follow-up by December 31, 2013, and Earn \$100.

High blood pressure (hypertension) is often called the “silent killer” because it usually has no noticeable warning signs or symptoms until serious health problems arise. Nearly 50% of adults will develop hypertension before age 65. Regular screenings can help identify and treat problems early on to prevent future complications. When untreated or poorly controlled, high blood pressure increases your risk of serious health conditions including heart disease, stroke, aortic aneurysm, kidney disease and blindness. A blood pressure of less than 120/80 is recommended by the National Institutes of Health and may reduce your risk of developing serious health conditions.

If your blood pressure reading is 140/90 or above, you may earn the incentive credit by consulting with your doctor at a follow-up visit and submitting a signed Physician Blood Pressure Screening Form (available at www.wellness.ri.gov). Screenings are available at the Fall 2013 health fairs, or if you prefer to have your screening done at your physician’s office, submit the Physician Blood Pressure Screening Form to UnitedHealthcare by December 31, 2013, for your credit. **Note: Blood pressure screenings received between February 1, 2013 and December 31, 2013 will qualify for the incentive credit with submission of Physician Blood Pressure Screening Form.**

Blood Pressure Level (mmHg)		
Category	Systolic	Diastolic
Normal	< 120 and	< 80
Prehypertension	120 - 139 or	80 - 89
High Blood Pressure		
Stage 1 Hypertension	140 - 159 or	90 - 99
Stage 2 Hypertension	≥ 160 or	≥ 100

Source: National Institutes of Health, 1998.

Source: http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp.

Last accessed March 11, 2011.

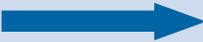
Weight Watchers Deals! Employees of the State of Rhode Island will receive 15% off the Weight Watchers standard rates. Further, the State of Rhode Island will reimburse eligible employees 50% of the discounted monthly rate for up to five months of Weight Watchers participation, provided the employee participates in 75% of the meetings. To qualify for reimbursements, eligible employees must enroll during the time of the offer (7/1/13 – 3/26/14), complete a minimum of three meetings in a month, provide a completed Weight Watchers Reimbursement Form along with receipt(s) showing total dollar amount paid, and submit the form and receipt(s) by March 26, 2014.

4

Obtain a Total Cholesterol/HDL Ratio Screening equal to or less than 5.0 or Consult with Your Physician for Follow-up by December 31, 2013, and Earn \$100.

Cholesterol is a fat-like substance that your body needs to function. Your body makes cholesterol because it is needed to form cell membranes, some hormones, and bile acids (which digest fat). People also consume extra cholesterol through foods, especially animal foods like meats and dairy products. There's "bad cholesterol" (LDL) and "good cholesterol" (HDL). Too much LDL cholesterol in your blood is a serious health risk that can lead to heart disease. A healthy level of HDL may protect against heart attack, stroke, and heart disease. Regular physical activity, reducing trans fats, and eating a balanced nutritious diet may help to increase HDL. If you smoke - STOP. Cigarette smoking can decrease your HDL.

Total Cholesterol/HDL Ratio is the calculation of the amount of good cholesterol (HDL) to total cholesterol (TC). A ratio of less than 3.5 is recommended by the National Institutes of Health and may reduce the risk for developing heart disease. If your Total Cholesterol/HDL ratio is above 5.0, you may earn the incentive credit by consulting with your doctor at a follow-up visit and submitting a signed Physician Cholesterol Screening Form (available at www.wellness.ri.gov). Screenings are available at the Fall 2013 health fairs, or if you prefer to have your screening done at your physician's office, submit the Physician Cholesterol Screening Form to UnitedHealthcare by December 31, 2013, for your credit. **Note: Total cholesterol/HDL ratio screenings received between January 1, 2013 and December 31, 2013 will qualify for the incentive credit with submission of Physician Cholesterol Screening Form.**

Total Cholesterol/HDL Ratio Risk Ranges	Risk Range	Value
	Optimal	< 3.5
	Moderate Risk	3.5 - 5.0
	High Risk	≥ 5.0

Source: <http://www.nhlbi.nih.gov/guidelines/cholesterol/atglance>.

5

Obtain a Body Mass Index (BMI) screening of less than 30 or Complete an Approved Action to Lower your BMI by March 26, 2014, and Earn \$100.

Body Mass Index (BMI), a calculation of height and weight, is a screening tool used to identify weight problems. Being overweight or obese increases your risk for coronary heart disease, type 2 diabetes, hypertension, stroke, certain cancers and sleep apnea.

You may obtain your BMI screening at one of the onsite health fairs or submit a signed Physician BMI Screening Form. Earn \$100 if your BMI is less than 30 or complete one of these options to earn \$100: participate in an approved weight loss program, attend three sessions with an in-network nutritionist (no co-payment charge if BMI ≥ 30), or provide proof of gym membership for at least three months during the incentive offer (August 1, 2013 – March 26, 2014). The completed BMI Incentive Credit Form must be submitted by March 26, 2014, to qualify for incentive credit.

BMI ranges	Classification	BMI ranges	Classification
Less than 18.5	Underweight	30.0 – 34.9	Obese Class I
18.5 – 24.9	Healthy weight	35.0 – 39.9	Obese Class II
25.0 – 29.9	Overweight	Greater than 40.0	Obese Class III

6

Complete the Physical Activity Challenge between April and May, 2014, and Earn \$100.

Regular physical activity can help control your weight, reduce your risk of cardiovascular disease, type 2 diabetes and some cancers, strengthen your bones and muscles, improve your mental health and mood, improve your ability to do daily activities, and increase your chances of living longer. The CDC recommends adults get at least 30 minutes or more of physical activity on most days of the week. If you can't fit 30 minutes into your daily schedule, you can still reap the health benefits by engaging in 10 minute increments of physical activity. Details on the Physical Activity Challenge will be available at www.wellness.ri.gov in 2014.

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 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.

Valuable tools to help you live a healthier life

myuhc.com®

Provides personalized tools, information and answers for managing your health care. Log on at your convenience 24/7 to get important benefit, claims, health information and access to the medical Provider Directory.

Instructions for Accessing the Health Assessment

1. Go to www.myuhc.com.
2. If you are already registered, log in with your user name and password and proceed to Accessing the Health Assessment instructions below.
3. If you have never registered on the site, click “Register now.”
4. Enter the required information.
5. Enter or confirm your email address. If you do not have an email address, you can sign up for a free personal email address with Google™, Yahoo® or AOL®.
6. You must establish a username and password. Both must be 8-15 characters, with a combination of letters and numbers. No sequential letters or numbers may be used. You may use your name with a number for your user name, but not for your password. Keep passwords in a safe place for future reference.

Accessing the Health Assessment

1. Select either the Health and Wellness Tab or the Health Assessment button on the right.
2. Click Take Health Assessment.
3. New users will be directed to the myuhc.com Health and Wellness portal. Next, click “Register” to begin the one time registration process to the Health and Wellness site.
4. Enter the required information (some boxes may be pre-populated).
5. Choose your Username and Password.
6. Select and answer all security questions.
7. Check “I agree to the Terms & Conditions of this site.”
8. Click “Register” and then click “Health Assessment” to begin.

myuhc.com technical support: 1-877-844-4999

**Health and Wellness technical support:
1-866-868-5484 Monday-Friday, 8 a.m.-10 p.m. (EST)**

Care 24 NurseLine®

Provides access to a Registered Nurse 24 hours a day, seven days a week, and access to thousands of topics on the Health Information Library.

NurseLine nurses have an average of 15 years clinical nursing experience and are an excellent resource for information that can assist you in managing chronic conditions and more. Think of NurseLine services as your one-stop resource for information that can help you make informed decisions.

The NurseLine number is **1-866-869-6358**. Be sure to save the number in your cell phone for easy access.

Care 24 Employee Assistance Program (EAP)

A toll-free call puts you and your family in touch with master’s level counselors and other professionals – at no cost to you.

Care 24 EAP services are available 24 hours a day, 7 days a week and include assistance with issues such as:

- Stress and anxiety
- Relationship worries
- Coping with grief and loss
- Personal legal questions
- Financial worries

To access EAP services call: **1-866-869-6358**.



The NurseLineSM service can not diagnose problems or recommend specific treatment. The information provided through the NurseLine service is not a substitute for your doctor’s care.

More healthy living tools

myHealthcare Cost Estimator

Changing the way you access health care information for the better, my Healthcare Cost Estimator (myHCE) allows you to research treatment options based on your specific situation. Learn about the recommended care, estimated costs and time to treat your condition. The care path allows you to see the appointments, tests and follow up care involved from the first consult to the last follow up visit. You can also learn about estimated costs ahead of time to help you plan. Create a custom estimate based on your own plan details and selected provider and facilities.

Health4Me

If you are always on the go, the UnitedHealthcare Health4Me™ app provides instant access to your family's important health information — anytime/anywhere. Whether you want to find a physician near you, check the status of a claim or speak directly with a health care professional, Health4Me is your go-to resource. It is available for download now on the app store for iPhones® or Google® Play for Androids.

Source4Women

Learn more about health and wellness for you and your family at www.source4women.com and find new ways to stay healthy. Source4Women offers complimentary online tools, resources, seminars and events focused on keeping you and your family healthy. The interactive seminars feature health and wellness experts, as well as time for questions with the speakers.

Preventive Care

Even if you're in the best shape of your life, a serious condition with no signs or symptoms may put your health at risk. Through a preventive exam and routine health screenings, your doctor can determine your current health status and detect early warning signs of more serious problems. Your recommended preventive care services may include immunizations, a physical exam, lab work and x-rays. During your visit, your doctor will likely determine what tests or health screenings are right for you based on many factors such as your age, gender, overall health status, personal health history and your current health condition. Visit www.uhcpreventivecare.com to find out which immunizations and screenings are recommended for you and your family.

Care Management Program

As a member of UnitedHealthcare, you may get a live phone call from a registered case management nurse – your partner in the pursuit of better health. Here's what to expect:

- A phone call from a nurse in the event you experience a major health occurrence such as a hospital admission, serious illness or diagnosis of a chronic condition.
- Advice from knowledgeable health care professionals. Our nurses have an average of 15 years of experience.
- Help with coordinating the care you receive from different physicians, specialists and other caregivers.
- Answers to the questions you and your family may have about your health.

If you would like to speak to a Registered Nurse, please call Nurseline **1-866-869-6358**.

For more information on the State of Rhode Island Rewards for Wellness program, visit www.wellness.ri.gov or speak with your HR representative.

