



State of Rhode Island

Rewards for Wellness 2014-2015 Program Calendar

Complete the following activities and earn up to \$500 in co-share credit in 2015.

Actions	Activity Description	Incentive Amount	Time of Offer	Incentive Delivery
	1. Complete "Eating Mediterranean" Online Tutorial	\$100	December 22, 2014 through January 16, 2015	February 13, 2015 February 27, 2015
	2. Complete "Soothing Stress" Online Tutorial	\$100	January 19, 2015 through February 13, 2015	March 13, 2015 March 27, 2015
	3. Complete myuhc.com Online Health Assessment	\$100	March 1, 2014 through February 28, 2015	April 10, 2015 April 24, 2015
	4. Complete Understanding Blood Pressure Podcast	\$100	March 2, 2015 through March 27, 2015	May 8, 2015 May 22, 2015
	5. Complete 4 -Week Physical Activity Challenge	\$100	March 29, 2015 through April 25, 2015	June 5, 2015 June 19, 2015

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