



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.

Rewards for Wellness

Details of programs and activities

1

Read the “Eating Mediterranean” tutorial and complete the review quiz at www.wellness.ri.gov by January 16, 2015 and earn \$100.

Research shows that adopting a Mediterranean lifestyle may help individuals avoid: 80% of cases of coronary heart disease, 70% of cases of stroke and 90% of cases of type 2 diabetes¹. This seminar will present important health information on the benefits of eating a Mediterranean Diet and practicing a Mediterranean lifestyle. After submitting your quiz answers online, print the “Eating Mediterranean” Tutorial confirmation page for your records.

2

Complete Soothing Stress Podcast and submit completed questionnaire by February 13, 2015, and earn \$100.

Stress is recognized as a major contributor to several of the most common chronic illnesses and causes of death in America today. The American Medical Association has noted that stress is an underlying factor in more than 60 percent of all human illness and disease.

The Soothing Stress Seminar will teach you:

- How stress affects physical & emotional well-being
- How to help identify personal sources of stress at work and at home
- How to help utilize healthy coping strategies to help manage everyday stress
- Time management skills to help increase productivity and reduce stress
- Where to find support resources for dealing with stress

3

Complete the Health Assessment by February 28, 2015 and earn \$100.

The 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 posted on www.wellness.ri.gov. After completing the Health Assessment, print the confirmation page for your records.

Rewards for Wellness

Details of programs and activities continued

4

Complete Understanding Blood Pressure Podcast and submit completed questionnaire between March 2, 2015 through March 27, 2015, and earn \$100.

This podcast includes information that may improve your understanding of blood pressure control and management. Participants will learn:

- Risk factors for developing high blood pressure
- The effects of high blood pressure on the human body
- Lifestyle changes that can reduce the risk for developing high blood pressure
- Best practices when taking your blood pressure

This chart reflects blood pressure categories defined by the American Heart Association.

Blood Pressure Category	Systolic mm Hg (upper #)	Diastolic mm Hg (lower #)
Normal	Less than 120	Less than 80
Prehypertension	120 – 139	80 -89
Stage 1 Hypertension	140 – 159	90 - 99
Stage 2 Hypertension	Greater than 160	Greater than 100
Hypertensive Crisis <i>(Emergency care needed)</i>	Higher than 180	Higher than 110

5

Complete Physical Activity Challenge between March 29, 2015 through April 25, 2015, 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 March 2015.

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.

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.

How can I verify that I completed each Rewards for Wellness activity? When you complete the "Eating Mediterranean" Tutorial or the Health Assessment, you can print out a confirmation page for your records. For the Soothing Stress and Understanding Blood Pressure Podcast, print a copy of your completed quiz. Finally, 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.

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



Rewards for Wellness

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.

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

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.

Healthy Pregnancy Program

Get personal support through all stages of pregnancy and delivery at no extra cost to you. The Healthy Pregnancy Program will help you through every stage of your pregnancy and delivery. We provide 24-hour access to experienced nurses, access to our online Healthy Pregnancy Owner's Manual and other materials, as well as complimentary gifts and moneysaving coupons. To register for the Healthy Pregnancy program, call **800-411-7984** or visit www.healthy-pregnancy.com.

Treatment Decision Support

Understanding your condition and choosing the right treatment is very important. You probably have questions about treatment options and how to determine what's best for you. Finding the answers can be time-consuming and confusing. Treatment Decision Support has helped thousands of people like you take charge of their health. Call to speak with experienced nurses who can provide the information and support you need to:

- Learn more about a diagnosis.
- Understand treatment options and the risks and benefits of each.
- Work more effectively with your doctor.
- Know what to expect from surgery.
- Find a resource for a second opinion.
- Anticipate treatment costs.
- Prepare for recovery.

Nurses are available Monday through Friday, 7 a.m. to 10 p.m. Central time. You can call any other time to leave a confidential voice mail message and your call will be returned. For more information please call, **1-888-866-8295**.

Care Management and Disease 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.
- Advise 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.