

# State of Rhode Island Rewards for Wellness

## Physical Activity Paper Tracker

Use this paper calendar log to keep track of your daily steps or exercise minutes starting March 29, 2015 and ending April 25, 2015. All employees are eligible to participate in the Challenge, but only employees who are paying the State employee co-shares that are posted at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) are eligible to receive incentives for co-share credit.



**Please Note:** Thirty minutes of moderate physical activity on most days of the week is recommended by the Centers for Disease Control (CDC), but not required. **Be sure to check with your physician for medical clearance before starting any exercise program.**

**Directions:** Please choose to record your walking steps **OR** exercise minutes at the beginning of the challenge and keep to that activity. Record your steps **OR** minutes **every day** on the tracker below.

Name: (Please print)	UnitedHealthcare Subscriber/Member ID Number:
Date of Birth:	Total Steps or Minutes of Physical Activity:

Day	Week 1 3/29 – 4/4	Week 2 4/5 – 4/11	Week 3 4/12 – 4/18	Week 4 4/19 – 4/25
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Totals				

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Mail completed form to:**

Linda McCormick, UnitedHealthcare  
475 Kilvert Street, Warwick, RI 02886



**Or fax completed form to:** UnitedHealthcare at 401-732-7211

**Trackers must be faxed or postmarked by May 8, 2015 to qualify for the \$100 co-share credit.**

Due to the volume of paper Trackers submitted, we are unable to verify receipt.

**If mailing, please keep a copy of the completed paper Tracker for your records.**

**If faxing, please keep a copy of the completed paper Tracker and Fax Confirmation for your records.**

Any trackers submitted before April 25<sup>th</sup> **will not be eligible** for incentive credit, as this was prior to the program completion date.