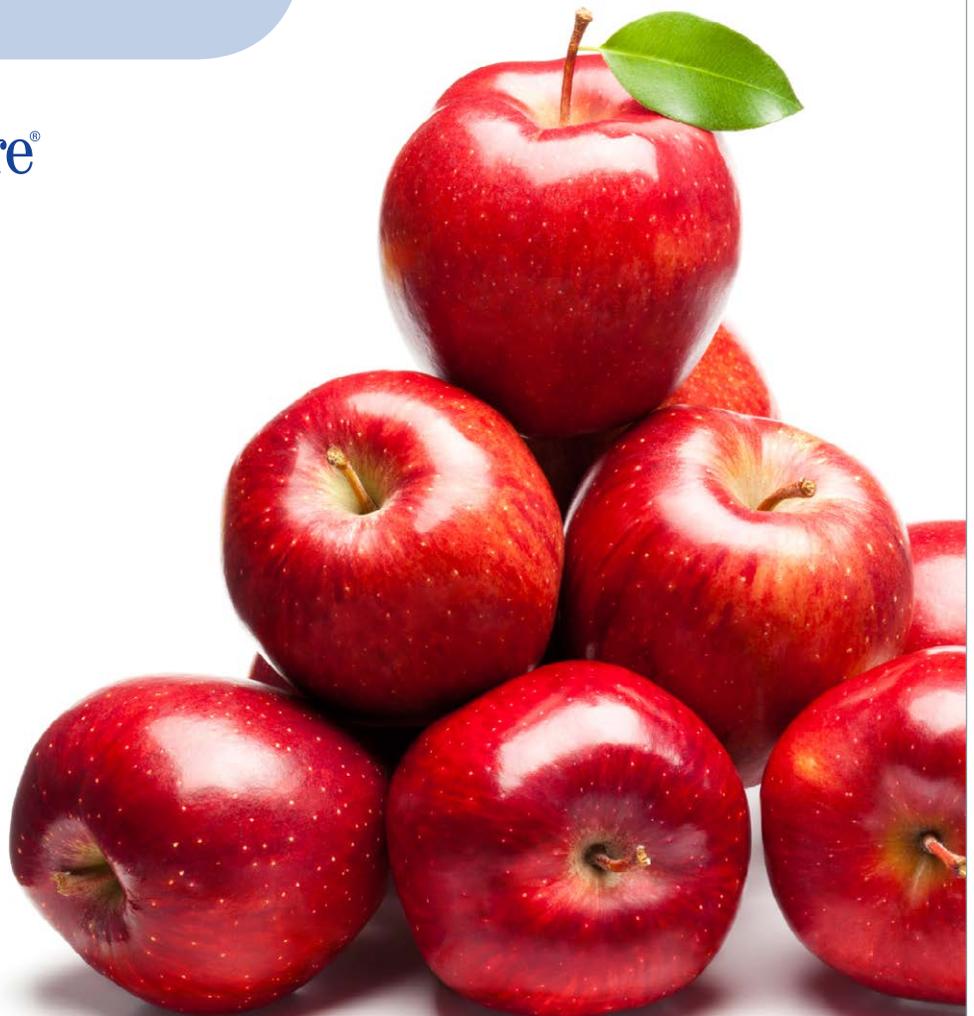




**2015-2016**

**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 2015-2016 Program Calendar

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

Activity Description	Incentive Amount	Time of Offer	Incentive Delivery
1. View the myHealthcare Cost Estimator (myHCE) video and complete an estimated cost of a treatment or procedure.	<b>\$50</b>	October 1, 2015 through October 31, 2015	December 18, 2015
2. Obtain Blood Pressure screening, at a Health fair or in your physician's office, that is equal to or less than 140/90 OR consult with your physician with a treatment plan in place.*	<b>\$50</b>	September 1, 2015 through January 31, 2016	March 11, 2016
3. Obtain Total Cholesterol/HDL Ratio screening, at a Health fair OR in your physician's office, that is equal to or less than 5.0 OR consult with your physician for follow up.*	<b>\$50</b>	September 1, 2015 through January 31, 2016	March 25, 2016
4. Obtain Body Mass Index (BMI) screening, at a Health fair OR in your physician's office, with a BMI of less than 30 OR take action to lower BMI* (3 sessions with a nutrition counselor, 3 months proof of gym membership, successful completion of certified weight loss program).*	<b>\$50</b>	September 1, 2015 through March 31, 2016	May 6, 2016
5. Complete the Online Health Assessment.	<b>\$50</b>	March 1, 2015 through December 31, 2015	January 29, 2016
6. Obtain Annual Preventive Exam.	<b>\$100</b>	January 1, 2015 through January 31, 2016	May 20, 2016 June 3, 2016
7. Complete the "New Year's Resolution" Online tutorial.	<b>\$50</b>	January 1, 2016 through January 31, 2016	February 26, 2016
8. Complete the 5-week Online Nutrition Tracker. Keep a log of your healthy eating for 5 weeks.	<b>\$50</b>	February 1, 2016 through March 6, 2016	April 8, 2016
9. Complete the 5-week Online Physical Activity Tracker. Track your number of steps every day OR the minutes you exercise at least four days a week for 5 weeks.	<b>\$50</b>	April 3, 2016 through May 7, 2016	June 17, 2016

**More program details are available at [www.wellness.ri.gov](http://www.wellness.ri.gov) and in your HR department**

\*Health fairs will be held between November 2, 2015 and December 18, 2015

# 2015-2016 Rewards for Wellness

## Details for upcoming programs

1

**View the myHealthcare Cost Estimator “myHCE” video AND complete an estimated cost of a treatment or procedure at [www.wellness.ri.gov](http://www.wellness.ri.gov) between October 1-31, 2015, and earn \$50.**

Changing the way you access health care information for the better, myHealthcare 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 ahead of time to help you plan. Watch a short two-minute video and then create a custom estimate of a treatment or procedure based on your own benefit plan and selected providers and facilities. After completing the estimate, print the information for your records.

2

**Complete the Health Assessment at [www.myuhc.com](http://www.myuhc.com) by December 31, 2015, and earn \$50.**

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 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 January 31, 2016, and earn \$50.**

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.

Screenings are available at the Fall 2015 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 January 31, 2016, for your credit. If your blood pressure reading is 140/90 or above, you may earn the incentive credit by consulting with your physician at a follow-up visit and submitting a signed Physician Blood Pressure Screening Form (available at [www.wellness.ri.gov](http://www.wellness.ri.gov)).

**Note: Blood pressure screenings obtained at your physician’s office between January 1, 2015 and January 31, 2016, will qualify for the incentive credit with submission of the Physician Blood Pressure Screening Form.**

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

Additional information on each incentive activity, the Health Fair schedule and what to do if you prefer to receive screenings at your doctor’s office are available at [www.wellness.ri.gov](http://www.wellness.ri.gov) and in your HR department.

# 2015-2016 Rewards for Wellness

## Details for upcoming programs

4

### Obtain a Total Cholesterol/HDL Ratio Screening equal to or less than 5.0 OR consult with your physician for follow-up by January 31, 2016, and earn \$50.

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.

Screenings are available at the Fall 2015 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 January 31, 2016, for your credit. If your Total Cholesterol/HDL ratio is above 5.0, you may earn the incentive credit by consulting with your physician at a follow-up visit and submitting a signed Physician Cholesterol Screening Form (available at [www.wellness.ri.gov](http://www.wellness.ri.gov)). **Note: Total Cholesterol/HDL ratio screenings obtained at your physician's office between January 1, 2015 and January 31, 2016, 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 31, 2016, and earn \$50.

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.

Screenings are available at the Fall 2015 health fairs, or if you prefer to have your screening done at your physician's office, submit the Physician BMI Screening Form (available at [www.wellness.ri.gov](http://www.wellness.ri.gov)). If your BMI is over 30, you may earn the incentive credit by completing one of the following options: successful completion of a certified 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 (January 1, 2015 – March 31, 2016). The completed BMI Incentive Credit Form must be submitted by March 31, 2016, 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

Additional information on each incentive activity, the Health Fair schedule and what to do if you prefer to receive screenings at your doctor's office are available at [www.wellness.ri.gov](http://www.wellness.ri.gov) and in your HR department.

# 2015-2016 Rewards for Wellness

## Details for upcoming programs

6

**Obtain at least one preventive screening, including physical exam, gynecological exam, cervical cancer screening, basic metabolic panel, colonoscopy, mammogram, or prenatal exam between January 1, 2015 and January 31, 2016, and earn \$100.**

### Value of Preventive Screenings

Disease prevention and early detection are important to living a healthier life. Better health can result in lower health care costs. Preventive services include wellness examinations and diagnostic tests such as cancer screening. The following are preventive care services recommended by the U.S. Preventive Service Task Force (USPSTF) to help you and your family prevent illness or detect and treat it early. Please discuss with your physician the importance of preventive care and types of services you should consider. With your UnitedHealthcare benefit plan, preventive services are covered at 100%.

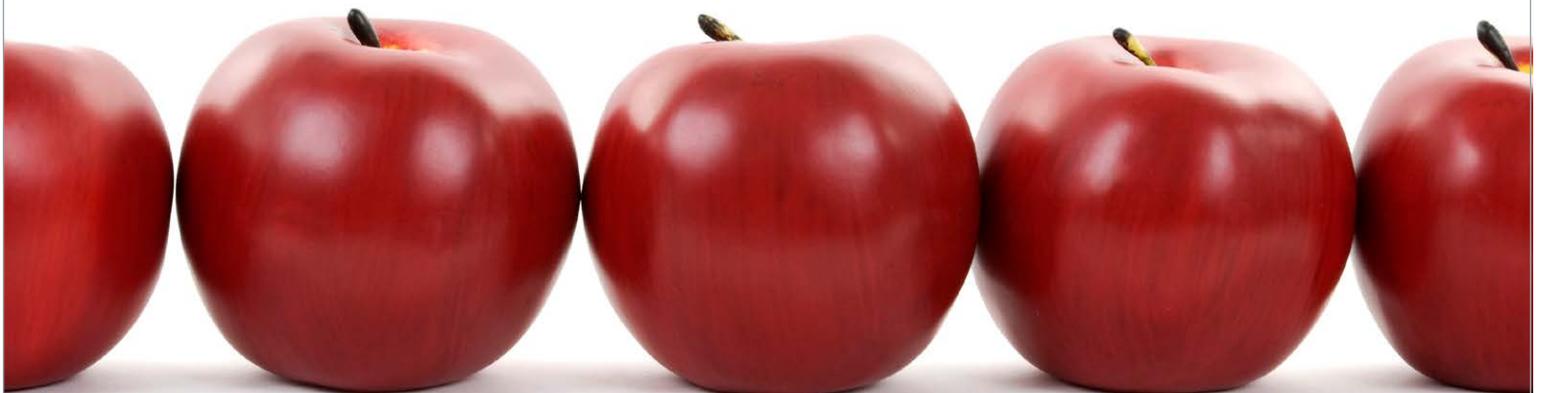
Eligible screenings include:

- Annual physical exam
- Annual gynecological exam
- Cervical cancer screening (annual pap smear)
- Basic metabolic panel (blood tests)
- Colonoscopy
- Mammogram
- Prenatal obstetrical exam

7

**Read the “New Year’s Resolution” online tutorial AND complete the review quiz at [www.wellness.ri.gov](http://www.wellness.ri.gov) between January 1, 2016 and January 31, 2016, and earn \$50.**

Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later, a 2002 study found. It’s hard to keep up the enthusiasm months after you’ve swept up the confetti, but it’s not impossible. This year, pick a healthy resolution, and stick with it. Here’s to your health! This online tutorial will present important health information on the benefits of healthy living throughout the year. After reviewing the tutorial and submitting your quiz answers online, print the “New Year’s Resolutions” Tutorial confirmation page for your records.



Additional information on each incentive activity, the Health Fair schedule and what to do if you prefer to receive screenings at your doctor’s office are available at [www.wellness.ri.gov](http://www.wellness.ri.gov) and in your HR department.

# 2015-2016 Rewards for Wellness

## Details for upcoming programs

8

### **Complete the 5-week Online Nutrition Tracker between February 1, 2016 and March 6, 2016, and earn \$50.**

As per the Food and Drug Administration a healthy eating pattern is one that provides enough of each essential nutrient from nutrient-dense foods, contains a variety of foods from all of the basic food groups, and focuses on balancing calories consumed with calories expended to help you achieve and sustain a healthy weight. This eating pattern limits intake of solid fats, sugar, salt (sodium) and alcohol. Keep track of the foods you eat everyday for 5 weeks by completing the online nutrition tracker. More information on the Nutrition Tracker will be available at [www.wellness.ri.gov](http://www.wellness.ri.gov) in the upcoming months.

9

### **Complete the 5-week Online Physical Activity Tracker between April 3, 2016 and May 7, 2016, and earn \$50.**

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. Track your number of steps every day or the minutes you exercise at least four days a week for five weeks. More information on the Physical Activity Tracker will be available at [www.wellness.ri.gov](http://www.wellness.ri.gov) in the upcoming months.



Additional information on each incentive activity, the Health Fair schedule and what to do if you prefer to receive screenings at your doctor's office are available at [www.wellness.ri.gov](http://www.wellness.ri.gov) and in your HR department.

# 2015-2016 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 activities such as the online health assessment, physical and nutrition tracker 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](http://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.

**How do I report that I had a preventive screenings?** UnitedHealthcare will use claims data to determine employees that received a preventive screening between January 1, 2015 and January 31, 2016. Only the name of the employee will be shared with the State of Rhode Island; claims data will not be shared.

**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 myHCE estimate, the "New Year's Resolution" 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 and nutrition trackers, 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.

Additional information on each incentive activity, the Health Fair schedule and what to do if you prefer to receive screenings at your doctor's office are available at [www.wellness.ri.gov](http://www.wellness.ri.gov) and in your HR department.

# 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](http://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)**

## **Care24 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.

To Access Nurseline call the telephone number on the back of your UHC ID card and ask to speak to a Nurse: **1-866-202-0434**.

## **Care24 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.

Care24 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 the telephone number on the back of your UHC ID card and ask for EAP: **1-866-202-0434**.



The NurseLine<sup>SM</sup> 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 iPhone® or Google® Play for Android.

### 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](http://www.uhcpreventivecare.com) to find out which immunizations and screenings are recommended for you and your family.

### Care 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.
- 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 and ask to speak to a Nurse: **1-866-202-0434**.