



State of Rhode Island Rewards for Wellness 2015-2016 Online Physical Activity Tracker Frequently Asked Questions and Answers



1. What is the Online Physical Activity Tracker and who is eligible to participate?

This event encourages you to develop healthy fitness behaviors in whatever physical activity you choose. An activity can be walking, running, swimming, biking, tennis, aerobics, etc. The goal is to allot time for physical activity so it can become a positive, lifelong habit. The event runs for five weeks between April 3, 2016 to May 7, 2016. Employees must track their exercise minutes or number of steps. Please note all employees are eligible to participate, but only employees who are paying the State employee medical co-shares posted at www.employeebenefits.ri.gov are eligible to receive the \$50 co-share credit.

2. How do I track and report my participation?

Eligible employees must track their number of steps every day OR their exercise minutes for at least four days of each week during the event to qualify for the co-share credit. You may keep track of your weekly activity on paper, but please note that paper trackers will not be accepted as proof of completion of the activity. You must log on to the online tracker application and obtain a completion certificate. At the end of each week of the activity, visit www.wellness.ri.gov and enter your weekly tabulations into the online tracker application using your UnitedHealthcare member ID# and your initials.

3. What counts as “exercise” and are there any guidelines for the event?

Exercise is moderately intense activity in which you are increasing your heart rate. This includes brisk walking, jogging, spinning, running, swimming, weight lifting, etc. It is recommended that adults (age 18-64) complete 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic exercise per week. Adults over age 65 can follow these guidelines if they are able, but if limiting conditions exist, they should be as physically active as abilities allow. Please check with your physician to receive medical clearance before starting any exercise program.

4. What is the deadline for submitting my final steps or minutes?

The online tracker application closes at 4PM on Friday, May 20, 2016. To receive the \$50 co-share incentive credit you must obtain your completion certificate by visiting www.wellness.ri.gov, entering your weekly tabulations into the online tracker, submitting the completed online tracker containing entries for each week of the activity (*step totals for each day of the activity* OR *exercise minute totals for at least four days of each week of the activity*), and completing the required exit survey before the close of business on Friday, May 20, 2016.

