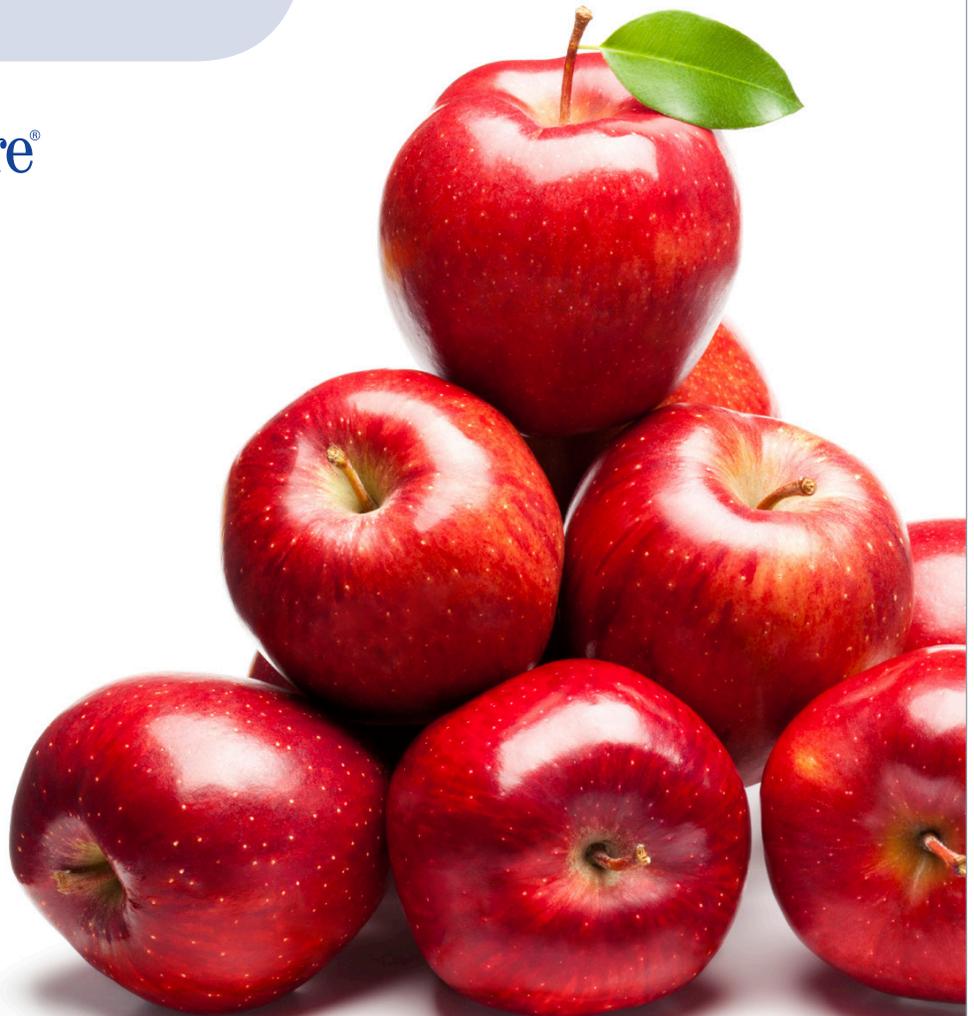




**2016-2017**

**State of Rhode Island  
Rewards for Wellness:  
Take Steps in a  
Healthy Direction  
and Earn Up to \$500!**



# The State of Rhode Island is pleased to present the 2016-2017 Rewards for Wellness program.



## State Employee Wellness Initiative

### Dear Rhode Island State Employee:

We are pleased to announce the 2016-2017 Rewards for Wellness program. The Rewards for Wellness program is a state employee wellness incentive program designed to help you adopt and maintain healthy behaviors as a way of life. It aims to increase your awareness of your own health status and provides the education and resources to help you stay healthy, get healthy, or live better with an existing illness.

If you are an eligible employee and you participate in the Rewards for Wellness activities, you can receive up to \$500 in credits towards the cost of your state employee health insurance co-shares\*. Since its inception, Rewards for Wellness has helped thousands of State of Rhode Island employees become more engaged with their well-being. Activities like health assessments and biometric screenings help employees understand their personal health risks while health education tutorials provide tips and advice to help lower risks.

The 2016-2017 Rewards for Wellness program is building upon the wellness foundation created in the past 8 years by providing new and improved solutions while maintaining historically positive programs. As you explore this year's activity calendar you will notice a new health and wellness platform, *Rally*, which is an online interactive experience designed to make it easy to help you understand healthy behaviors and take any needed steps to help you live a healthier life. You will also notice *Rally Missions* - an interactive behavior change program and the *Rally Health Survey*, which is replacing the health assessment. These new programs will be fun, interactive and engaging and will help you continue on your path to improved wellbeing while still providing the traditional goals of awareness, education and action we have annually aimed to provide.

Taking part in Rewards for Wellness is easy, so plan to participate this year and take action to improve or maintain your health!

Sincerely,

Office of Employee Benefits  
Department of Administration

\*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 medical co-shares that are posted at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) are eligible to receive co-share credit incentives.





# State of Rhode Island Rewards for Wellness 2016-2017 Program Calendar

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

Actions	Activity Description	Incentive Amount	Time of Offer	Incentive Delivery
	1. Obtain Annual Preventive Exam	<b>\$100</b>	January 1, 2016 through December 31, 2016	June 2, 2017 June 16, 2017
	2. Complete "How to Rally" Online Tutorial	<b>\$50</b>	July 15, 2016 through September 30, 2016	November 4, 2016
	3. Complete Rally Online Health Survey	<b>\$50</b>	July 15, 2016 through December 31, 2016	January 27, 2017
	4. Obtain a Blood Pressure Screening at a Health Fair or your physician's office that is less than 140/90 <b>OR</b> consult with your physician with a treatment plan in place*	<b>\$100</b>	September 1, 2016 through January 31, 2017	February 24, 2017 March 10, 2017
	5. (a) Obtain a Body Mass Index (BMI) Screening at a Health Fair or in your physician's office*	<b>\$50</b>	September 1, 2016 through March 31, 2017	May 5, 2017
	(b) Earn an additional incentive with a BMI of less than 30 <b>OR</b> enroll in the Diabetes Prevention Program (DPP) and attend session 0 and at least 1 session <b>OR</b> attend 3 sessions with a nutrition counselor	<b>\$50</b>		May 19, 2017
	6. Complete myHealthcare Cost Estimator Activity	<b>\$50</b>	October 1, 2016 through October 31, 2016	December 16, 2016
	7. <u>Complete</u> a Four Week Rally Mission	<b>\$50</b>	January 1, 2017 through March 15, 2017	April 7, 2017

More program details are available from your agency HR office and Wellness Champion, and at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov)

\*Health fairs will be held between September 12, 2016 and November 11, 2016

# 2016-2017 Rewards for Wellness

## Details for upcoming programs

1

### **Obtain an Annual Preventive Exam between January 1, 2016 and December 31, 2016 and earn a \$100 co-share credit.**

Earn a \$100 co-share credit for having an annual preventive exam. Disease prevention and early detection are important to living a healthier life. Better health can result in lower health care costs. 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

Note: If you have already had a preventive exam in calendar year 2016 that was processed through the UnitedHealthcare claims system, you have already completed this first activity! If you had a preventative exam obtained in January 2016, this exam may have earned you a co-share credit under the 2015-2016 Rewards for Wellness program. This same exam will also earn you a co-share under the 2016-2017 Rewards for Wellness program, as there is a 1 month overlap in the two program years for this activity.

2

### **Complete the “How to Rally” tutorial and questionnaire between July 15, 2016 and September 30, 2016 and earn a \$50 co-share credit.**

Rally is an online, interactive experience designed to make it easy to help you understand healthy behaviors and take any needed steps to help you live a healthier life. The goal of the “How to Rally” tutorial is to provide you with a roadmap to jumpstart your Rally experience. This program will focus on how to access Rally and will introduce you to the programs and services that are available to you through Rally.

The “How to Rally” tutorial will:

- Teach you how to register on Rally
- Show you the new Rally Health Survey
- Teach you how to join and participate in Rally Challenges, Missions and Communities
- Explain what Rally Coins are and how to enter into a Sweepstakes

The “How to Rally” tutorial is accessible through [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov).

3

### **Complete the online Rally Health Survey between July 15, 2016 and December 31, 2016 and earn a \$50 co-share credit.**

The new Rally Health Survey is replacing UnitedHealthcare’s previous Health Assessment. The Health Survey is an interactive experience that provides you with visual prompts in a clear and easy-to-follow format. Upon completion of the Rally Health Survey, you will immediately receive your results as a “Rally Age”- a number that provides you with an indicator of how your health age compares to your chronological age. It only takes 10 to 15 minutes to complete, and your responses will identify an individual action plan to help you improve or maintain your health. You will know you have successfully completed the Health Survey when you receive your Rally Age. The Rally Health Survey is accessible through [www.myuhc.com](http://www.myuhc.com).

# 2016-2017 Rewards for Wellness

## Details for upcoming programs

4

**Obtain a Blood Pressure Screening at a Health Fair, or in your physician's office that is less than 140/90, OR consult with your physician with a treatment plan in place between September 1, 2016 and January 31, 2017 and earn a \$100 co-share credit.**

High blood pressure is known as the "silent killer" as it typically has no symptoms and many people are not aware they have it. However, if high blood pressure goes untreated, it can have deadly consequences like congestive heart failure, heart attack, stroke, kidney damage, memory loss, vision loss, and heart disease.

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>		

Obtain your blood pressure screening to find out your risk **AND** earn a \$100 co-share credit by having a blood pressure screening less than 140/90. Screenings are available at the 2016 Health Fairs (held between September 12, 2016 and November 11, 2016 at various state agency locations), 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, 2017 in order to receive the 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)) to UnitedHealthcare. **Note:** If you obtain your blood pressure reading at your physician's office, you **must have this done during the time of offer** between September 1, 2016 and January 31, 2017. The Physician Blood Pressure Screening form is available at [www.wellness.ri.gov](http://www.wellness.ri.gov).

5a

**Obtain a Body Mass Index (BMI) screening between September 1, 2016 and March 31, 2017 and earn a \$50 co-share credit.**

You may obtain your BMI screening at one of the 2016 health fairs (held between September 12, 2016 and November 11, 2016 at various state agency locations) OR submit a signed BMI Screening and Co-Share Incentive Form to UnitedHealthcare between September 1, 2016 and March 31, 2017. According to the CDC, a high BMI can be an indicator of high body fatness. BMI screening results can be used to classify for weight categories that may lead to health problems, but it is not diagnostic of the body fatness or health of an individual. **Note:** If you obtain your BMI screening at your physician's office, you **must have this done during the time of offer** between September 1, 2016 and March 31, 2017 in order to receive the credit. The BMI Screening and Co-Share Incentive Form is available at [www.wellness.ri.gov](http://www.wellness.ri.gov).

BMI ranges	Classification
Less than 18.5	Underweight
18.5 - 24.9	Healthy weight
25.0 - 29.9	Overweight
30.0 - 34.9	Obese Class I
35.0 - 39.9	Obese Class II
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.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) and in your HR department.

# 2016-2017 Rewards for Wellness

## Details for upcoming programs

5b

### Earn an additional \$50 co-share credit with a BMI of less than 30 or participate in an approved program between September 1, 2016 and March 31, 2017.

Increased weight can put you at risk for: high blood pressure (Hypertension), high blood sugar, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and breathing problems, some cancers (endometrial, breast, colon, kidney, gallbladder, and liver), and clinical depression, anxiety, and other mental disorders. If your BMI screening is less than 30, you do NOT need to take additional action, you automatically qualify for the additional \$50 co-share credit. If your BMI is 30 or greater, you must take action and participate in an approved program to earn the \$50 co-share credit. The approved programs are:

Enroll in the Diabetes Prevention Program (DPP) and attend the initial session (“session 0”) and at least 1 additional session (no charge to State of Rhode Island employees). To learn more about the DPP, please see the “More Healthy Living Tools” page of this brochure. Note: If you participate in the DPP program, submit a signed BMI Screening and Co-Share Incentive form with the appropriate DPP information completed to UnitedHealthcare by March 31, 2017.

OR

Attend three sessions with an in-network nutritionist (no co-payment charge if BMI  $\geq$ 30). Note: If you attend three sessions with an in-network nutritionist, submit a signed BMI Screening and Co-Share Incentive form with the appropriate information completed to UnitedHealthcare by March 31, 2017.

Note: Please take into consideration that the approved programs **take time to enroll and complete**. If you think you may need to complete one of these activities, be sure to take action with appropriate time left. You will not be able to successfully complete either activity if you wait until the last week in March to start.

6

### Complete the myHealthcare Cost Estimator activity between October 1, 2016 and October 31, 2016 and earn a \$50 co-share credit.

The myHealthcare Cost Estimator helps you quickly and easily find personalized information before you see a doctor. The tool will show you the 4 Ps—Procedure, Provider, Price and Place—which can help you make empowered health care decisions. The myHealthcare Cost Estimator Activity will challenge you to follow a mock care path to improve back pain. This activity will help you gain an understanding of the myHealthcare Cost Estimator as well as allow you to explore all of its capabilities. Note: The myHealthcare Cost Estimator is accessible through [www.myuhc.com](http://www.myuhc.com).

7

### Complete a Four Week Rally Mission between January 1, 2017 and March 15, 2017 and earn a \$50 co-share credit.

Rally Missions are individual action plans, suggested based on your Rally Health Survey responses. Missions provide activities to help you improve or maintain your health and are designed to be simple, action-focused and attainable. Mission recommendations are made just for you under four categories: “Move,” “Eat,” “Feel” and “Care.” Rally Missions range in difficulty from easy to hard. To earn the \$50 co-share credit, successfully join and complete ANY four week mission. Note: Since Rally Missions are four weeks in duration, be sure to join early enough to complete before the March 15th end date. You must join a four week Rally Mission by February 13, 2017 to complete the Mission within the time of offer.

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.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) and in your HR department.

# 2016-2017 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 health-oriented events.

**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 medical co-shares posted on the Office of Employee Benefits website at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) are eligible to receive co-share credit incentives. Participation is voluntary.

**Is my spouse or significant other eligible to participate?** No. Only employees are eligible to participate in the Rewards for Wellness program.

**How will I receive the co-share 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 credit incentive 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 credit incentives, 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 and on most cell phones.

### **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.

### **If I cannot attend one of the health fairs for the Body Mass Index (BMI) or Blood Pressure activity, what can I do?**

If you are not able to attend a health fair, you can submit the appropriate BMI or blood pressure form to UnitedHealthcare during the time of offer. You **MUST** have your screening done **during the time of offer** AND submit a completed form **by the final day** of the activity.



# 2016-2017 Rewards for Wellness

## Frequently asked questions

**How can I verify that I completed each Rewards for Wellness activity?** All activity completion is tracked by UnitedHealthcare, however if you would like to verify your completion of an activity or double check to see if you have been successful you can use the guidance below.

**Activity 1:** All preventive exams are tracked on [www.myuhc.com](http://www.myuhc.com), print a copy of your health statement on myuhc.com for your records.

**Activity 3:** When you complete the Rally Online Health Survey you receive a Rally Age, which indicates successful completion. You may also receive an e-mail confirming your completion based on your personal settings. To print out confirmation for your records, visit your Health Profile on Rally and and print your "Health Survey Report."

**Activities 2 & 6:** For the "How to Rally" tutorial and myHealthcare Cost Estimator activities, you can print out a copy of your confirmation page for your records.

**Activities 4 & 5:** When you receive screenings at a Health Fair or your physician's office, you will receive a copy of your results.

**Activity 7:** You can print a copy of the Rally Missions page indicating a completed Mission or depending on your personal settings you may receive a completion e-mail.

**Note:** As a reminder, you **DO NOT** need to send any of the above information to UnitedHealthcare as they automatically track your participation in activities. The only information you would have to send to UnitedHealthcare would be a BMI or blood pressure form.

**Is my personal information 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.

**How do I register on Rally?** To register on Rally go to [www.myuhc.com](http://www.myuhc.com). If you are already registered, log in with your user name and password and proceed to the "Health & Wellness Tab" and click the Rally icon or the Rally Banner. If you have never registered on the site, click "Register Now" and follow the appropriate steps to complete registration, and then access the "Health & Wellness Tab" or the Rally Banner. Once you are on the Rally site, you will be prompted to register. Complete the appropriate steps to successfully register. Be sure to provide an e-mail you access frequently, as Rally does send important e-mails pertaining to the Health Survey and Rally Missions.

**How do I access the Rally Health Survey?** Once you are registered on Rally you will immediately be taken to the Health Survey. If you need to access the Health Survey after your initial registration, log into Rally and access your Health Profile by clicking your Avatar (icon) in the top right corner. Scroll down until you see your Rally Age and directly below the Rally Age you will see "Retake Survey", click there to access the survey.

**Note:** You have unlimited access to the Health Survey and can complete the Health Survey as many times as you want.

**How do I access the Rally Missions?** Log onto Rally and click the "Missions" tab on top navigation bar. You will then be on the Rally Missions page where you can explore and join a mission, see your current missions and check on your mission progress.

# Valuable tools from UnitedHealthcare 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.

## Health Discount Program by UnitedHealth Allies

Provides health discounts on a wide range of health and wellness related programs, products and services including:

- Gym memberships
- Massage Therapy
- Dental care
- Hearing devices

Health Allies can typically save employees and their families 10 to 25 percent on health and wellness purchases. To access, log onto the myuhc.com website and link to the health discount site.

## 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 **1-866-202-0434**. Be sure to save the number in your cell phone for easy access.

## Live and Work Well

Provides a behavioral health clinicians directory as well as comprehensive health articles, tools and more. Log on to [www.liveandworkwell.com](http://www.liveandworkwell.com).

## UnitedHealthcare Health4Me App

Provides access to health information and decision support on your phone including: myClaimsManager, myNurseLine, digital ID card, progress towards deductible and out of pocket max, find a doctor, get an estimate and more! Download the App on your smart phone today!



## 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.

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: **1-866-202-0434**.

## 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 **1-866-202-0434** or visit [www.healthy-pregnancy.com](http://www.healthy-pregnancy.com).

\* 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

## Diabetes Prevention Program

The Diabetes Prevention Program offers small group setting health coaching sessions to help you lose weight and prevent diabetes so you can live a longer, healthier life. The Diabetes Prevention Program is a 16-session lifestyle coaching program available in person at your local YMCA. In this 16-week program, you will learn actions you can take to lower your risk of developing Type 2 Diabetes. Program highlights include:

- One year of health coaching sessions at YMCA locations near you, no membership required
- Learn healthy eating habits, light physical activity, motivation techniques and stress management
- Free workbook and tools to track your progress
- Content approved by the Centers for Disease Control and Prevention (CDC)
- Available for family members over the age of 18 covered by your State of Rhode Island medical plan

The DPP program is available at NO ADDITIONAL COST to you through your State of Rhode Island medical plan. It is important to note that to be eligible for the DPP program, you cannot currently be living with diabetes. To enroll call **1-844-749-5994**.

## 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, 6 a.m. to 9 p.m. Eastern Standard 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, **1-866-202-0434**.

## Care Management and Disease Management Program

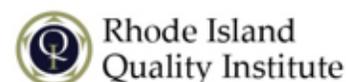
As a member of UnitedHealthcare, you may get a live phone call from a registered case management nurse – your partner in the pursuit of better health. Here's what to expect:

- 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
- 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 at **1-866-202-0434**

More program details are available from your agency HR office and Wellness Champion, and at [www.wellness.ri.gov](http://www.wellness.ri.gov).

# CurrentCare is improving healthcare for Rhode Islanders – more than 450,000 have enrolled already!

CurrentCare has RI's healthcare community working together, dedicated to YOU. Call it a healthcare eco-system. Call it patient-centered. Call it peace of mind. Just rest assured that your well-being is at the center of it all.



## What is it?

**What is CurrentCare?** CurrentCare is a free, secure service that your doctor uses to keep all of your health information in one secure location. Just like a bank. Your healthcare providers use it to keep records of your health, like which prescriptions you've taken, where you've had blood work and any hospital visits you've had recently.

## Why enroll?

**Why enroll?** Because it can save you time and money by avoiding things like repeating blood tests or x-rays, and it gives those who treat you all your information in one place, which helps in case of an emergency.

## How does it work?

**How does it work?** Your health information is kept in a secure location where it can be shared by your doctor, pharmacy or lab.

1 **Go online:**  
[enroll.currentcareri.org](http://enroll.currentcareri.org)  
Enter your name, address and other important information... 

2 **Verify...**  
This step will help us identify you 

3 **Enroll...**  
Please choose an option:  
 **OPTION #1: ALL OF MY DOCTORS, INCLUDING EMERGENCY SITUATIONS - I authorize any and all healthcare providers/organizations that are treating me...**  
 **OPTION #2: ONLY EMERGENCY SITUATIONS - I authorize any and all healthcare providers/organizations access to my health info...**

It's Quick. Easy. Secure. Visit [CurrentCareRI.org](http://CurrentCareRI.org) for more information. The State of Rhode Island encourages its employees to enroll in CurrentCare today!

# Asking Better Questions Leads to Smarter Healthcare Choices



An initiative of the ABIM Foundation



Governor Raimondo recently proclaimed Rhode Island to be the nation's first "Choosing Wisely State." What does this mean to you, the state employees of Rhode Island? It means that our 2016-2017 Rewards for Wellness program will introduce you to *Choosing Wisely*, a national campaign to help you and your doctors have important conversations about your healthcare and the pros and cons of too much care -- or too little care.

Consumer Reports and the ABIM Foundation, the creators of *Choosing Wisely*, are working to encourage clinicians and patients to engage in more conversations about options in tests, treatments and procedures. These conversations can help increase the quality of your healthcare and decrease harm that is sometimes caused by overuse of medical testing and treatments.

Consumer Reports has created more than one hundred patient-friendly, easy-to-read and medically accurate *Choosing Wisely* materials to educate you about what care is best for you at that particular time, and when you may want to hold back. It all starts with the *Choosing Wisely* 5 Questions, listed below – consider taking them with you and trying them out next time you see your doctor.

1

**Do I really need this test or procedure?** Medical tests help you and your healthcare provider decide how to treat a problem. Medical procedures help to actually treat it.

2

**What are the risks?** Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?

3

**Are there simpler, safer options?** Sometimes all you need to do is make lifestyle changes, such as eating healthier foods or exercising more.

4

**What happens if I don't do anything?** Ask if your condition might get worse — or better — if you don't have the test or procedure right away.

5

**How much does it cost?** Ask if there are less expensive tests, treatments or procedures, what your insurance may cover, and about generic drugs instead of brand-name drugs.

Over the course of the 2016-2017 Rewards for Wellness program year, you will see and hear more about *Choosing Wisely* – stay tuned! In the meantime, please visit [www.ConsumerHealthChoices.org/RIBGH](http://www.ConsumerHealthChoices.org/RIBGH) for information about specific medical tests, treatments, and procedures.

