



# State of Rhode Island Rewards for Wellness 2017-2018 Program Calendar

Complete the following activities and earn up to \$500 in co-share credit!  
NEW! The time of offer for all activities\* is July 1, 2017- December 31, 2017.

Activity Description	Incentive Amount	Completed ✓	Incentive Delivery
Benefits 101 podcast	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> January 26, 2018
myHealthcare Cost Estimator	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> February 9, 2018
RALLY Health Survey	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> February 23, 2018
One RALLY Mission	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> March 9, 2018
<b>Health Fair Screening Activities - earn up to \$200 in 1 day!</b> Health fairs will be held between August and October.			
Obtain a Blood Pressure screening at a health fair or your physician's office** that is less than 140/90 OR consult with your physician and put a treatment plan in place	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> March 23, 2018
Cholesterol screening	\$25	<input type="checkbox"/> Date: _____	<input type="checkbox"/> April 6, 2018
(a) Obtain a Total Cholesterol screening at a health fair or your physician's office**	\$25	<input type="checkbox"/> Date: _____	<input type="checkbox"/> April 6, 2018
(b) Earn an additional incentive with a Total Cholesterol of less than 200 OR watch the Healthy Heart Podcast and complete the corresponding quiz	\$25	<input type="checkbox"/> Date: _____	<input type="checkbox"/> April 6, 2018
Non-fasting Glucose screening	\$25	<input type="checkbox"/> Date: _____	<input type="checkbox"/> April 20, 2018
(a) Obtain a non-fasting Glucose screening at a health fair or in your physician's office**	\$25	<input type="checkbox"/> Date: _____	<input type="checkbox"/> April 20, 2018
(b) Earn an additional incentive with a Glucose reading of less than 200 OR watch the Understanding Diabetes Podcast and complete the corresponding quiz	\$25	<input type="checkbox"/> Date: _____	<input type="checkbox"/> April 20, 2018
Body Mass Index (BMI) screening	\$25	<input type="checkbox"/> Date: _____	<input type="checkbox"/> May 4, 2018
(a) Obtain a BMI screening at a health fair or in your physician's office**	\$25	<input type="checkbox"/> Date: _____	<input type="checkbox"/> May 4, 2018
(b) Earn an additional incentive with a BMI of less than 30 OR watch the Mindful Eating Podcast and complete the corresponding quiz	\$25	<input type="checkbox"/> Date: _____	<input type="checkbox"/> May 4, 2018
Annual Preventive Exam Time of Offer: January 1, 2017 through December 31, 2017	\$100	<input type="checkbox"/> Date: _____	<input type="checkbox"/> <input type="checkbox"/> <b>26 Pay Period Employees:</b> May 18, 2018 & June 1, 2018 <b>20 Pay Period Employees:</b> May 18, 2018 & September 21, 2018

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

\* Incentives will be awarded for preventive exams received between January 1, 2017 and December 31, 2017.

\*\* If you receive a screening at your physician's office you MUST submit a *Physician Screening Form* or a *Physician Blood Pressure Screening Form* to UnitedHealthcare.

# Rewards for Wellness

## Program Changes

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As part of an ongoing effort to modernize the Rhode Island State Employee Health Plan, the Rewards for Wellness program is undergoing some changes. We believe these changes will increase employee participation and turn wellness into a year-round endeavor.

### Align program year with calendar year schedule

- Just as the Rhode Island State Employee Health Plan transitioned away from the fiscal year to calendar year schedule by having a short plan year in the second half of 2016, the Rewards for Wellness program will also transition to a calendar year schedule with a short plan year in the second half of 2017 followed by a full calendar year program in 2018.
- This change allows the State Employee Health Plan and the Rewards for Wellness program to run on matching calendar year schedules.

### One time of offer for all activities

- With the exception of the Annual Preventive Exam activity, all activities in the 2017-2018 Rewards for Wellness program will run from July 1, 2017 to December 31, 2017. The Annual Preventive Exam activity will run from January 1, 2017 to December 31, 2017 so that all annual preventive exams received in that timeframe will qualify for the incentive co-share credit.
- This change alleviates the pressure of multiple deadlines and makes it easier to focus on completing activities by the end of the year.

### Ten consecutive incentive delivery dates in second half of fiscal year

- Activities will all run during the calendar year and incentive co-share credits will be delivered in ten consecutive pay days beginning with the second pay day in January.
- This change makes it easier to see incentive co-share credits being delivered.

### What this all means for you

These changes are designed to make the Rewards for Wellness program fit more seamlessly into your life and help make wellness a year-round focus. This year, and subsequent individual Rewards for Wellness plan years will still be referred to as “2017-2018” or “2018-2019” but the activities will all be held in the first year and the incentives will all be delivered in the first half of the second year. The 2017-2018 Rewards for Wellness activities will end on December 31, 2017, and you will receive your incentive co-share credits from January 26, 2018 to June 1, 2018. But the 2018-2019 Rewards for Wellness program will start on January 1, 2018, so while you’re receiving your hard-earned credits for your participation in the 2017-2018 program year, you will be able to get started on, or even fully complete, the 2018-2019 activities. Credits for the 2018-2019 activities will be awarded during the first half of the 2019 calendar year. In December of 2017, the State will be sending you a brochure for the 2018-2019 Rewards for Wellness program. Participate in the Rewards for Wellness program, take steps in a healthy direction, make positive behavior changes and earn up to \$500!