



Updated as of 1/2021

# **2021 - 2022** **STATE OF RHODE ISLAND** **EMPLOYEE WELLNESS PROGRAM**

Take an active role in better health—and get rewarded



# IT PAYS TO GET HEALTHY

## Rewards for Wellness 2021 - 2022

This unique State-sponsored program makes it easier to get the care you need—and rewards you for doing it. **As a State employee you can earn up to \$500 in wellness credits by participating in a variety of activities of your choosing.**<sup>1</sup> The credits are automatically applied to your bi-weekly medical plan premium (your co-share) on ten select pay days during the first half of 2022.

Visit [employeebenefits.ri.gov/wellness](https://employeebenefits.ri.gov/wellness) to learn more about the program and see if you are eligible to participate.

## Annual Preventive Exam Incentive

Receive an annual preventive exam in 2021 and earn \$250 in credit toward your co-shares. You can earn an additional \$250 in credit toward your co-shares if your spouse or domestic partner receives an annual preventive exam in 2021.<sup>2</sup> The following preventive exams qualify for the incentive: annual physical exam, annual gynecological exam, or prenatal obstetric exam. Blue Cross & Blue Shield of Rhode Island (BCBSRI) will automatically track your participation in this program through medical claims activity.

## Diabetes Prevention Program Completion Incentive

In 2021, we will be announcing a new Diabetes Prevention Program through BCBSRI. More details to follow.

## Rewards for Wellness Activities

We're offering even more ways you can get and stay healthy. Complete as many activities as you'd like. Please note, the maximum possible payout is \$500, regardless of how many activities you complete

**Wellness activities through Virgin Pulse** – You can earn quarterly incentives based on your activity level. Virgin Pulse is available through your myBCBSRI account or by downloading via your favorite app store.

**Online health check** – Earn \$50 in co-share credits for answering simple questions that can help you get a better picture of your overall health. Available via Virgin Pulse.

**Physician Screening Form** – Know your numbers. Get screened for blood pressure, body mass index, cholesterol, and blood glucose at your physician's office and earn \$100 in co-share credits. Download your unique form through Virgin Pulse.

**Annual dental cleaning/exam** – Good oral hygiene is essential to good overall health. Get your annual exam and earn \$50 in co-share credits.

**Step challenges** – Sign up, participate, and you'll earn \$25 in co-share credits for each challenge completed.

**Preventive screenings** – These tests can help detect problems in their early stages. Eligible screenings are mammogram, pap smear, PSA screening, and colonoscopy. Earn \$50 in co-share credits for each applicable screening you receive.

**Annual eye exam** – You only get one set of eyes. Earn \$50 in co-share credits when you receive an exam in 2021.

**Flu shot** – Receive a flu shot at a state-sponsored flu shot clinic, your provider's office, or a local pharmacy and earn \$50 in co-share credits. If you receive your flu shot from somewhere other than a State flu shot clinic and you don't use your BCBSRI medical coverage or CVS pharmacy coverage, you must complete the Flu Shot Form and submit it to BCBSRI to earn credit. The Flu Shot Form is available at [employeebenefits.ri.gov/wellness/rewards\\_2021-2022.php](https://employeebenefits.ri.gov/wellness/rewards_2021-2022.php).

<sup>1</sup>Participants can earn a maximum of \$500 per year through the Rewards for Wellness program.

<sup>2</sup> Only active State of Rhode Island employees who are paying State medical co-share premium payments at the time of the incentive payout(s) are eligible to receive co-share credit incentives. To receive \$250 in credits for a spouse's annual preventive exam, the spouse must have been covered as a dependent on the employee's family plan both when they received a qualifying annual preventive exam and when the incentives are paid out. More program details are available at [employeebenefits.ri.gov/wellness](https://employeebenefits.ri.gov/wellness) and from your Wellness Champion.



# State of Rhode Island Rewards for Wellness 2021 - 2022

To earn co-share credits, employees must complete activities between 1/1/21 - 12/31/21. Employees can earn \$500 total in co-share credits, regardless of the number of activities completed.

| WELLNESS ACTIVITY <sup>3</sup>   | HOW TO EARN CREDITS   | COMPLETED   | INCENTIVE EARNED <sup>4</sup>   |
|--|---|---|---|
| Use Virgin Pulse to complete wellness activities   | Access Virgin Pulse using <a href="http://myBCBSRI.com">myBCBSRI.com</a> , or download the Virgin Pulse app* through your preferred app store. Choose "Blue Cross & Blue Shield of Rhode Island" as your sponsor and complete wellness activities as directed.<br><br>Your activity level (2/3/4) will determine quarterly incentive. | <input type="checkbox"/> Date: _____  | <b>\$25/quarter</b> – Level 2<br><b>\$50/quarter</b> – Level 3<br><b>\$100/quarter</b> – Level 4<br><br><i>The maximum yearly incentive for Virgin Pulse activities is \$200.</i> |
| Online health check  | Complete this on Virgin Pulse between 1/1/2021 and 12/31/2021.  | <input type="checkbox"/> Date: _____  | <b>\$50</b>   |
| Complete the physician screening form<br><br>You must download your own form. This form is unique to you and cannot be shared. | Receive your health screening at your physician's office for <b>Blood Pressure, Body Mass Index, Cholesterol, and Blood Glucose.</b> Complete the physician screening form on Virgin Pulse.   | <input type="checkbox"/> Date: _____  | <b>\$100</b>  |
| Annual dental cleaning/exam  | Delta Dental will automatically track your visit. Complete between 1/1/21 - 12/31/21.   | <input type="checkbox"/> Date: _____<br><i>Completed activity is not visible in Virgin Pulse.</i>   | <b>\$50</b>   |
| Step challenges  | <b>Join, complete, and earn \$25/challenge.</b><br><b>February - Warm Up for Winter</b><br><i>February challenge runs 2/1/21 - 2/28/21. Registration opens 1/1/21.</i>  | <input type="checkbox"/> Date: _____  | <b>\$25</b>   |
|  | <b>May - Step It Up for a Better You</b><br><i>May challenge runs 5/1/21 - 5/31/21. Registration opens 4/1/21.</i>  | <input type="checkbox"/> Date: _____  | <b>\$25</b>   |
|  | <b>August - U.S. National Parks</b><br><i>August challenge runs 8/1/21 - 8/31/21. Registration opens 7/1/21.</i>  | <input type="checkbox"/> Date: _____  | <b>\$25</b>   |
|  | <b>November - Hawaiian Islands</b><br><i>November challenge runs 11/1/21 - 11/30/21. Registration opens 10/1/21.</i>  | <input type="checkbox"/> Date: _____  | <b>\$25</b>   |
| Preventive Screenings  | <b>Earn \$50/applicable screening.</b><br>These screenings will be automatically tracked by BCBSRI.<br><b>Colonoscopy</b><br><b>Mammogram</b><br><b>Pap smear</b><br><b>PSA screening</b>   | <input type="checkbox"/> Date: _____<br><input type="checkbox"/> Date: _____<br><input type="checkbox"/> Date: _____<br><input type="checkbox"/> Date: _____<br><br><i>Completed activity is not visible in Virgin Pulse.</i> | <b>\$50/applicable screening</b><br><b>\$50/applicable screening</b><br><b>\$50/applicable screening</b><br><b>\$50/applicable screening</b>                                      |
| Get an eye exam  | VSP will automatically track your visit. Complete between 1/1/21 - 12/13/21.  | <input type="checkbox"/> Date: _____<br><i>Completed activity is not visible in Virgin Pulse.</i>   | <b>\$50</b>   |
| Get a flu shot   | Complete between 1/1/21 - 12/31/21.   | <input type="checkbox"/> Date: _____  | <b>\$50</b>   |

<sup>3</sup>The following activities will be tracked automatically through Virgin Pulse: wellness activities, online health check, physician screening form, step challenges, and flu shot.

<sup>4</sup>Participants can earn a maximum of \$500 per year through the Rewards for Wellness program, and up to an additional \$500 for employee/spouse well visit.

**Need a fitness tracker?** State employees are eligible to receive a free MaxBuzz after creating a Virgin Pulse account AND signing up for the step challenge. Request your MaxBuzz through the Virgin Pulse app or online by using the code "FREEMAXBUZZ" where indicated. Your new fitness tracker will be shipped directly to your house.

**For details regarding payout dates, please see page 4.**

# PAYOUT DATES FOR ACTIVITIES

The 2021-2022 Rewards for Wellness program will not associate a payout date with a specific activity for all employees. Instead, employees will be paid for the activity/activities they complete within each pay period. There will be 10 payout periods as listed below.

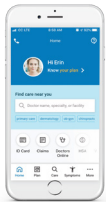
## 26 Pay Period Employees:

1/21/22      4/1/22  
 2/4/22      4/15/22  
 2/18/22     4/29/22  
 3/4/22      5/13/22  
 3/18/22     5/27/22

## 20 Pay Period Employees:

1/21/22      4/1/22  
 2/4/22      4/15/22  
 2/18/22     4/29/22  
 3/4/22      11/11/22  
 3/18/22     11/25/22

# STAY ACTIVE AND STAY CONNECTED— ANYTIME, ANYWHERE



**myBCBSRI** - Check deductibles, track claims, review your health savings account (HSA) if applicable, and much more—all with one simple log-in. You can access Virgin Pulse through your myBCBSRI account as well.


**Virgin Pulse** - Complete wellness activities with the Virgin Pulse app.<sup>5</sup> Download the free app\* through the Apple App Store® or Google Play® and follow the prompts. Be sure to select "Blue Cross & Blue Shield of Rhode Island" as your sponsor.





**We're here to help!**

Call the **State of Rhode Island Employee CARE Center**  
**(401) 429-2104** or **1-866-987-3705**

Monday – Friday, 8:00 a.m. – 8:00 p.m., and Saturday, 8:00 a.m. – noon.



<sup>5</sup>Virgin Pulse® is an independent wellness company, contracted by Blue Cross & Blue Shield of Rhode Island to provide wellness services.

  \*Standard mobile phone carrier and data usage charges apply. Apple, the Apple logo, and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Android and Google Play are trademarks of Google Inc.

**IT'S WHAT WE LIVE FOR<sup>SM</sup>**



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Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.