



2022 - 2023

STATE OF RHODE ISLAND EMPLOYEE WELLNESS PROGRAM

Take an active role in better health—and get rewarded

Updated as of 12/2021



IT PAYS TO GET HEALTHY

Rewards for Wellness 2022 - 2023

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.¹ 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 2023.

Visit 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 2022 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 2022.² 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.

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 for 2022 activities is \$500 of co-share credit incentives, regardless of how many activities you complete.

New! Employee Assistance Program (EAP) – Your emotional health matters. Each quarter, the State's EAP will feature brief videos and a quiz on different well-being topics. Earn \$25 in co-share/quarter by watching the videos and completing the quizzes.

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 the app via your favorite app store. Be sure to check out Wellbeats from Virgin Pulse (see page 4 for details).

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.

Biometric screenings – Get screened for blood pressure, body mass index (BMI), total cholesterol, and blood glucose at an onsite health fair (if available) or your physician's office and earn \$100 in co-share credits. Download your unique form through Virgin Pulse if your screenings are done via your provider.

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 2022.

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_2022-2023.php.

NEW registrations – Earn \$25 for each new registration with myBCBSRI, Virgin Pulse, and/or Doctors Online.

¹Participants can earn a maximum of \$500 in co-share credit incentives per year through the Rewards for Wellness program.

² 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. Credits will be delivered over five consecutive paydays in the second half of 2023 (9/1/23, 9/15/23, 9/29/23, 10/13/23, 10/27/23). More program details are available at employeebenefits.ri.gov/wellness and from your Wellness Champion.

State of Rhode Island Rewards for Wellness 2022 - 2023



To earn co-share credits, employees must complete activities between 1/1/22 - 12/31/22. Employees can earn \$500 total in co-share credits, regardless of the number of activities completed.

WELLNESS ACTIVITY ³	HOW TO EARN CREDITS	COMPLETED	INCENTIVE EARNED
Complete a new registration for myBCBSRI.com, Virgin Pulse, and/or Doctors Online	Complete between 1/1/2022 and 12/31/2022. NEW registrations only.	<input type="checkbox"/> Date: _____	\$25 for each new registration in 2022
Obtain preventive screenings	Earn \$50/preventive screening. These screenings will be automatically tracked by BCBSRI. <ul style="list-style-type: none"> • Colonoscopy • Mammogram • Pap smear • PSA screening Complete between 1/1/2022 and 12/31/2022.	<input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____	\$50 per preventive screening
Obtain biometric screenings	Obtain your biometric screening at an onsite health fair (if available) or your physician's office for blood pressure, body mass index (BMI), total cholesterol, and blood glucose. Be sure to download and print your unique form from Virgin Pulse and bring it to your provider's office.	<input type="checkbox"/> Date: _____	\$100
Annual dental cleaning/exam	Delta Dental will automatically track your visit. Complete between 1/1/2022 and 12/31/2022.	<input type="checkbox"/> Date: _____	\$50
Annual preventive eye exam	VSP and BCBSRI will automatically track your visit. Complete between 1/1/2022 and 12/31/2022.	<input type="checkbox"/> Date: _____	\$50
Obtain a flu shot	Obtain a flu shot between 1/1/22 and 12/31/22. BCBSRI will automatically track flu shots received at a state-sponsored clinic, your provider's office, or at a local pharmacy. If you receive a flu shot anywhere else, please fill out the Verification Form - Flu Shot.	<input type="checkbox"/> Date: _____	\$50
Virgin Pulse Health Check	Complete this on Virgin Pulse between 1/1/2022 and 12/31/2022.	<input type="checkbox"/> Date: _____	\$50
Use Virgin Pulse to complete quarterly wellness activities	Your activity level (2/3/4) will determine quarterly incentive. \$25 per quarter completed at level 2 \$50 per quarter completed at level 3 \$100 for a quarter completed at level 4	<input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____	\$200 maximum
Use Virgin Pulse to complete quarterly step challenges	Quarterly challenges will be available on Virgin Pulse. Join, complete, and earn \$25/challenge. February - Step it up to a better you <i>February challenge runs 2/1/22 - 2/28/22. Registration opens 1/1/22.</i> May - Spring crush <i>May challenge runs 5/1/22 - 5/31/22. Registration opens 4/1/22.</i> August - Great American adventure <i>August challenge runs 8/1/22 - 8/31/22. Registration opens 7/1/22.</i> November - Walk the wonders <i>November challenge runs 11/1/22 - 11/30/22. Registration opens 10/1/22.</i>	<input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____	\$25 per step challenge
Quarterly EAP well-being videos and quiz	Visit stateofrhodeisland.mybeaconwellbeing.com each quarter. Then, watch the featured videos and complete the quiz.	<input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____	\$25 per quarter with completed quiz

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

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 2022-2023 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. (You can verify completed activities and see earned co-share credit incentives by referencing the wellness section of PaystubRI.) There will be 10 payout periods as listed below.

26 Pay Period Employees:

1/20/23	3/17/23	4/28/23
2/3/23	3/31/23	5/12/23
2/17/23	4/14/23	5/26/23
3/3/23		

20 Pay Period Employees:

1/20/23	3/17/23	4/28/23
2/3/23	3/31/23	11/10/23
2/17/23	4/14/23	11/24/23
3/3/23		

NEW FOR 2022: WELLBEATS

A flexible, inclusive fitness experience

Wellbeats is a dynamic, all-about-you approach to fitness that's available through your Virgin Pulse wellness account. It's available online—so you can use it anytime, anywhere—and designed to help you develop and maintain a fitness routine that fits your lifestyle, schedule, and personal goals. Plus, Wellbeats activities qualify for your quarterly Virgin Pulse wellness incentive.

With Wellbeats, you'll enjoy:

- **1,000+** online, on-demand fitness, nutrition, and mindfulness classes taught by certified instructors
- **30+** goal-based programs
- **70+** healthy recipes
- **Personalized** recommendations and workout plans

Complete wellness activities with Virgin Pulse



To get started, 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.⁴



We're here to help!

Call the **State of Rhode Island Employee CARE Center** at **(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.

⁴Virgin Pulse® is an independent wellness company, contracted by Blue Cross & Blue Shield of Rhode Island to provide wellness services.

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IT'S WHAT WE LIVE FORSM



500 Exchange Street, Providence, RI 02903-2699

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