

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 February challenge runs 2/1/22 - 2/28/22. Registration opens 1/1/22. May - Spring crush May challenge runs 5/1/22 - 5/31/22. Registration opens 4/1/22. August - Great American adventure August challenge runs 8/1/22 - 8/31/22. Registration opens 7/1/22. November - Walk the wonders November challenge runs 11/1/22 - 11/30/22. Registration opens 10/1/22.	<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.