

State of Rhode Island Rewards for Wellness 2023–2024



To earn co-share credits, employees must complete activities between 1/1/2023 and 12/31/2023. Employees can earn a maximum total of \$500 in co-share credits, regardless of the number of activities completed.

WELLNESS ACTIVITY	HOW TO EARN CREDITS	COMPLETED	INCENTIVE EARNED
Complete a new registration for myBCBSRI.com, Virgin Pulse, and/or Doctors Online	Complete between 1/1/2023 and 12/31/2023. NEW registrations only.	<input type="checkbox"/> Date: _____	\$25 for each new registration in 2023
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 • Bone density Complete between 1/1/2023 and 12/31/2023.	<input type="checkbox"/> Date: _____ <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 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 1/1/2023 and 12/31/2023.	<input type="checkbox"/> Date: _____	\$50
Annual preventive eye exam	VSP and BCBSRI will automatically track your visit. Complete between 1/1/2023 and 12/31/2023.	<input type="checkbox"/> Date: _____	\$50
Obtain a flu shot	Obtain a flu shot between 1/1/2023 and 12/31/2023. BCBSRI will automatically track flu shots received at a state-sponsored clinic, your provider's office, or 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 1/1/2023 and 12/31/2023 and earn \$50.	<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: _____ <input type="checkbox"/> Date: _____	\$400 maximum
Use Virgin Pulse to complete bi-monthly step challenges	Bi-monthly challenges will be available on Virgin Pulse. Join, complete, and earn \$25/challenge (six per year).	<input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____	\$25 per step challenge
Wellbeats classes	Use Virgin Pulse to complete four 20+ minute Wellbeats classes per quarter and earn \$25 per quarter.	<input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____	\$25 per quarter
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

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