



2023–2024

State of Rhode Island

Employee Wellness Program

Take an active role in better health—and get rewarded

Updated as of 12/2022



It Pays to Get Healthy

Rewards for Wellness 2023–2024

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 in 2024.

Visit employeebenefits.ri.gov/employee-wellness/rewards-wellness-2023-2024 to learn more about the program.

Annual Preventive Exam Incentive

Receive an annual preventive exam in 2023 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 2023.² 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 2023 activities is \$500 of co-share credit incentives, regardless of how many activities you complete.

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 credits/quarter by watching the videos and completing the quizzes.

NEW! Wellbeats

Available through Virgin Pulse, Wellbeats includes 1,000+ online, on-demand fitness, nutrition, and mindfulness classes.

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.

Virgin Pulse Health Check survey

Earn \$50 in co-share credits for answering simple questions that can help you get a better picture of your overall health.

Biometric screenings

Get screened for blood pressure, body mass index (BMI), total cholesterol, and blood glucose at an onsite health fair 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. Prizes will be awarded to the top three teams for each challenge. The grand prize winners will receive a Yeti® tumbler.

Preventive screenings

These tests can help detect problems in their early stages. Bone density is now an eligible screening, in addition to 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 2023.

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 Verification Form and submit it to BCBSRI to earn credit. The Flu Shot Verification Form is available at employeebenefits.ri.gov/employee-wellness/rewards-wellness-2023-2024.

New online registrations

Earn \$25 for each new registration with myBCBSRI, Virgin Pulse, and/or Doctors Online. The credits do not apply if you have already registered with a specific program.

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 2024. (Payout dates are listed on page 5.) More program details are available at employeebenefits.ri.gov/employee-wellness/annual-preventive-exam-2023-2024 and from your Wellness Champion.

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: _____ <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.

Need a fitness tracker? State employees are eligible to receive a one-time 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 “FREEMAXBZZ” where indicated. Your new fitness tracker will be shipped directly to your house.

Payout dates for 2023–2024 Rewards for Wellness activities

The 2023–2024 Rewards for Wellness Program will not associate payout dates with specific activities. Instead, employees will be paid for the activity/activities they complete within each pay period. (To verify completed activities and see earned co-share credit incentives, see the wellness section of PaystubRI.)

26 pay period employees:

1/19/24	2/16/24	3/15/24	4/12/24	5/10/24
2/2/24	3/1/24	3/29/24	4/26/24	5/24/24

20 pay period employees:

1/19/24	2/16/24	3/15/24	4/12/24	11/22/24
2/2/24	3/1/24	3/29/24	4/26/24	12/6/24

Payout dates for the 2023–2024 Annual Preventive Exam activity

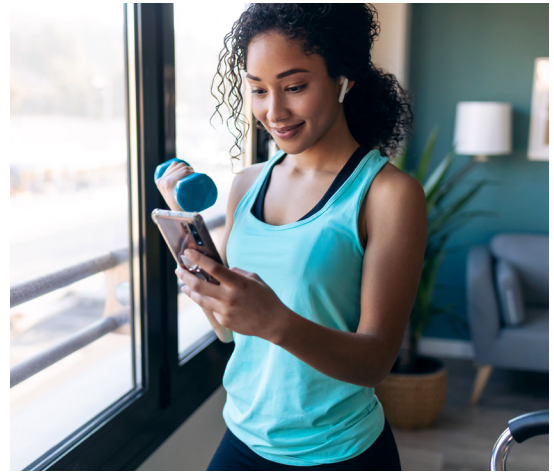
Credits for receiving an annual preventive exam will be delivered over five consecutive paydays in the second half of 2024.

9/13/24	9/27/24	10/11/24	10/25/24	11/8/24
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Enjoy online fitness benefits with Wellbeats

Wellbeats is like an exclusive online fitness service—without the expense. It's an on-demand program with 1,000+ fitness, nutrition, and mindfulness classes for every age, interest, and ability. Receive personalized workout plans, track your progress, find new recipes, and more. Wellbeats is included with your medical coverage. You can receive a \$25 quarterly incentive for completing four 20-minute Wellbeats classes, plus earn Virgin Pulse³ wellness points for your activities:

- Achieve 20 Wellbeats Class Play Minutes
- Complete a Wellbeats Program
- Complete all Wellbeats 'About Me' Questions



2023 Diabetes Prevention Program launches in January

The State of Rhode Island Diabetes Prevention Program (DPP) is back in place to help employees and eligible dependents age 18+ who meet specific criteria to prevent Type 2 diabetes. This CDC-approved program—offered virtually and in person—makes it easier for eligible members at risk for Type 2 diabetes to participate in evidence-based lifestyle change programs to reduce their risk of Type 2 diabetes.

Employees who complete 20 of 25 virtual or in-person sessions will receive a one-time taxable, **\$500 wellness incentive reward**. Eligible dependents age 18+ may participate in the program but will not receive the incentive.



State of Rhode Island employees are eligible for a taxable \$500 cash incentive reward

Virtual DPP

- Use the Livongo app or website to participate (no smartphone required).
- Work with an assigned health coach, track activities, and complete lessons.

In-person DPP (facilitated by Lifespan and BCBSRI)

- Attend sessions at BCBSRI's Your Blue Store (more details to come).
- Classes are offered Monday through Thursday after 4:30 p.m.
- Work with a trained lifestyle coach to adopt and maintain healthy lifestyle habits.

Visit employeebenefits.ri.gov/employee-wellness to learn more about the program.

³Virgin Pulse® is an independent wellness company, contracted by Blue Cross & Blue Shield of Rhode Island to provide wellness services.

Complete wellness activities with Virgin Pulse

To get started, download the free app⁴ 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.



⁴Standard 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.



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.

**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.