



2025–2026

State of Rhode Island

Employee Wellness Program

Take an active role in better health—and get rewarded

Updated as of 1/2025



It Pays to Get Healthy

Rewards for Wellness 2025–2026

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 wellness credits by participating in a variety of activities of your choosing.

- For members of the Anchor Plus and Anchor Choice with HSA plans – up to \$500 in wellness credits¹
- For members of the Anchor plan – up to \$700 in wellness credits¹

The credits are automatically applied to your bi-weekly medical plan premium (your co-share) on ten select pay days in 2026 for members of the Anchor Plus and Anchor Choice plans and fourteen select pay days for members of the Anchor plan.

Visit employeebenefits.ri.gov/employee-wellness/rewards-wellness-2025-2026 to learn more about the program.

Annual Preventive Exam Incentive

Receive an annual preventive exam in 2025 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 2025.² 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. The maximum possible payout for 2025 activities is \$500 in co-share credits for Anchor Plus and Anchor Choice plan members and \$700 in co-share credits for Anchor plan members, regardless of how many activities you complete.¹

Available through Personify Health (formerly Virgin Pulse)

Complete activities through Personify Health and earn wellness credits as noted below. These credits will be applied automatically to your bi-weekly medical plan premium (your co-share) in 2026.²

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

Get started with Personify Health



1. Download the Personify Health app.
2. Register your account.
3. Select Blue Cross & Blue Shield of Rhode Island as your sponsor.
4. Call the Personify Health team at 888-671-9395 if you need help with registration.

¹ Please note the following groups are eligible to earn a maximum the of \$500 of co-share credit incentives per year through the Rewards for Wellness program but are not eligible to earn the \$700 incentive: RIBCO (correctional officers; nurse; civilians); RITA and non-union State Police; and non-classified union and non-union education and college employees.

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 2026. (Payout dates are listed on page 5.) More program details are available at employeebenefits.ri.gov/employee-wellness/rewards-wellness-2025-2026 and from your Wellness Champion.

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.

Quarterly wellness activities

Earn quarterly co-share credits based on your activity level.

Bi-monthly step challenges

Sign up and participate to 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.

Wellbeats classes

Includes 1,000+ online, on-demand fitness, nutrition, and mindfulness classes. Complete four Wellbeats classes or 80 total minutes of Wellbeats class time per quarter and earn \$25 per quarter.

New online registrations

If you have not already registered with these programs, you can earn \$25 for each NEW registration:

BlueCare Connect – All State employees will need to register. This will replace your myBCBSRI member account.

Personify Health – Register for access to their wellness platform. Current Virgin Pulse registrants will automatically move to Personify Health and do not need to re-register.

Doctors Online – Register for access to board-certified providers for 24/7 digital care.

Screenings and health services

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.

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 Personify Health 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.

Annual preventive eye exam

You only get one set of eyes. Earn \$50 in co-share credits when you receive an exam in 2025.

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-2025-2026.

Employee Assistance Program (EAP) monthly activities

Carelon Wellbeing videos and quizzes

Each month, the State's Carelon Wellbeing EAP will feature a brief video and quiz on different well-being topics. Earn \$25 in co-share credits/month by watching the videos and completing the quizzes.

State of Rhode Island Rewards for Wellness 2025–2026



To earn co-share credits, employees must complete activities between 1/1/2025 and 12/31/2025.

WELLNESS ACTIVITY	HOW TO EARN CREDITS	COMPLETED	INCENTIVE EARNED
A new registration for BlueCare Connect, Personify Health, and/or Doctors Online	Complete between 1/1/2025 and 12/31/2025. NEW registrations only.	<input type="checkbox"/> Date: _____	\$25 for each new registration in 2025
Preventive screenings	These preventive screenings will be automatically tracked by BCBSRI. <ul style="list-style-type: none"> • Colonoscopy • Pap smear • Bone density • Mammogram • PSA screening Complete between 1/1/2025 and 12/31/2025.	<input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____	\$50 per preventive screening
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 Personify Health 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 1/1/2025 and 12/31/2025.	<input type="checkbox"/> Date: _____	\$50
Annual preventive eye exam	VSP and BCBSRI will automatically track your visit. Complete between 1/1/2025 and 12/31/2025.	<input type="checkbox"/> Date: _____	\$50
Flu shot	Obtain a flu shot between 1/1/2025 and 12/31/2025. 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
Health Check through Personify Health	Complete this on Personify Health between 1/1/2025 and 12/31/2025 and earn \$50.	<input type="checkbox"/> Date: _____	\$50
Quarterly wellness activities through Personify Health	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 per quarter completed at level 4	<input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____	\$400 maximum
Bi-monthly step challenges through Personify Health	Bi-monthly challenges will be available on Personify Health. 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 through Personify Health	Use Personify Health to complete four Wellbeats classes or 80 total minutes of Wellbeats class time 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
Monthly EAP well-being videos and quiz	Visit th.carelonwellbeing.com/stateofrhodeisland each month. Then, watch the featured video and complete the quiz. You can do this 12 times/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: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____ <input type="checkbox"/> Date: _____	\$25 per month with completed quiz

Need a fitness tracker? State employees are eligible to receive a one-time free MaxBuzz after creating a Personify Health account AND signing up for the step challenge. Request your MaxBuzz by emailing the code “FREEMAXBZZ” and your mailing address to wellnesssupport@bcsri.org. Your new fitness tracker will be shipped directly to your house.



Payout dates for 2025–2026 Rewards for Wellness activities

The 2025–2026 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 (ANCHOR PLUS AND ANCHOR CHOICE PLANS)				
1/16/26	2/13/26	3/13/26	4/10/26	5/8/26
1/30/26	2/27/26	3/27/26	4/24/26	5/22/26

26 PAY PERIOD EMPLOYEES (ANCHOR PLAN*)						
1/16/26	2/13/26	3/13/26	4/10/26	5/8/26	6/5/26	7/3/26
1/30/26	2/27/26	3/27/26	4/24/26	5/22/26	6/18/26	7/17/26

20 PAY PERIOD EMPLOYEES (ANCHOR PLAN*)						
1/16/26	2/13/26	3/13/26	4/10/26	5/8/26	11/20/26	12/18/26
1/30/26	2/27/26	3/27/26	4/24/26	5/22/26	12/4/26	12/31/26

*There will be four additional payout dates for Anchor plan members who can earn up to \$700 in co-share credits. Please note the following groups are not eligible to earn the \$700 incentive: RIBCO (correctional officers; nurse; civilians); RITA and non-union State Police; and non-classified union and non-union education and college employees.

Payout dates for the 2025–2026 Annual Preventive Exam activity

Credits for receiving an annual preventive exam will be delivered over five consecutive paydays in the second half of 2026.

9/11/26	9/25/26	10/9/26	10/23/26	11/6/26
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BlueCare Connect: Healthcare navigation and support, designed around you

BlueCare Connect is the new member service and support model that makes it easier to access health benefits, navigate care options, and get personalized support when and how you need it.

- Check coverage, claims, deductibles, and more.
- Find doctors, research costs, and get help scheduling appointments.
- Receive personalized care reminders and “next best action” recommendations.
- Connect with health management programs.

BlueCare Connect will replace your myBCBSRI account, and all State employees will need to register. You'll earn \$25 in co-share credits for registering with BlueCare Connect!



How to get started with BlueCare Connect

1. Register your member account at **bluecareconnectRI.com** after January 1, 2025.
2. Download the **BlueCare Connect app** for added convenience.
3. Go to **bluecareconnectRI.com** or use the app to log in to BlueCare Connect anytime.

Use BlueCare Connect to access all available programs except wellness. Your 2025 wellness program will remain with Personify Health (formerly Virgin Pulse) as of 1/1/25.

New for 2025: Hinge Health Don't let joint or muscle pain hold you back.

Musculoskeletal (MSK) pain—whether it's your back, knees, hip, or something else—can make everyday activities challenging. Hinge Health³ is a virtual MSK care solution that offers personalized programs to help you overcome your pain. It is not intended to replace in-person physical therapy. It's an optional program that can supplement your existing physical therapy treatment if you have one or provide you with physical therapy support if you are not already getting it. You don't need a referral and there is no cost to you as the member. Everything is managed through an easy-to-use app.

How to get started with Hinge Health

Visit **employeebenefits.ri.gov** for more details or contact the State of Rhode Island Employee CARE Center at **(401) 419-2104** or **1-866-987-3705**.



³ Hinge Health is an independent company that has contracted directly with Blue Cross & Blue Shield of Rhode Island to provide musculoskeletal services for eligible BCBSRI members. Hinge Health is not available to the following groups: RIBCO (correctional officers; nurse; civilians); RITA and non-union State Police; and non-classified union and non-union education and college employees.

Carelon Wellbeing Employee Assistance Program

Your employee assistance program (EAP) provides 24/7 support for many of life's most significant challenges, including:

- Marital and family concerns
- Managing anxiety and depression
- Child and elder care issues
- Substance use concerns
- Stress management
- Financial planning and legal issues

Services include counseling (up to eight sessions per person per issue), professional referrals, and online tools and resources. All state and federal privacy laws are observed, and there is no added cost for services.

The EAP is available to you, your dependents, and all members of your household—even those who are not enrolled in your State Anchor medical plan.

How to get started with Carelon Wellbeing

1. Visit the Carelon Wellbeing website specifically for State of Rhode Island employees at: **carelonwellbeing.com/stateofrhodeisland**
2. Call the State of Rhode Island Employee CARE Center at **(401) 429-2104** or **1-866-987-3705**, option 2, to reach a Carelon Wellbeing representative.

We're here to help!

Call the State of **Rhode Island Employee CARE Center** at **(401) 429-2104** or **1-866-987-3705**. Monday through Friday, 8:00 a.m. – 8:00 p.m., and Saturday, 8:00 a.m. – noon.

Personify Health is an independent wellness company, contracted by Blue Cross & Blue Shield of Rhode Island to provide wellness services.



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