



# STATE OF RHODE ISLAND REWARDS FOR WELLNESS 2020 - 2021

To earn co-share credits, employees must complete activities between 1/1/20 and 12/31/20.

WELLNESS ACTIVITY	HOW TO EARN CREDITS	COMPLETED	INCENTIVE EARNED /DELIVERED <sup>3</sup>
Register for Your Blue Touch RI and/or bcbsri.com	Download Your Blue Touch RI* from Apple App Store® or Google Play® and/or visit <a href="http://bcbsri.com">bcbsri.com</a> to register your account.	<input type="checkbox"/> Date: _____	<b>\$50</b> January 22, 2021
Register for Doctors Online	Search "Drs. Online" in your preferred app store and download,* or visit <a href="http://drs-online.com">drs-online.com</a> to create an account.	<input type="checkbox"/> Date: _____	<b>\$50</b> February 5, 2021
Use Virgin Pulse to complete wellness activities	Access Virgin Pulse using <a href="http://bcbsri.com">bcbsri.com</a> , or download the Virgin Pulse app* through your preferred app store, choose "Blue Cross & Blue Shield of Rhode Island" as your sponsor, and complete wellness activities as directed.  Your activity level (2/3/4) will determine quarterly incentive. \$100 annual incentive maximum is possible.	<input type="checkbox"/> Date: _____	<b>\$25/quarter</b> – Level 2 <b>\$50/quarter</b> – Level 3 <b>\$100/quarter</b> – Level 4 <i>The maximum yearly incentive is \$100.</i>  February 20, 2021, and March 5, 2021
Online health assessment	Complete this on Virgin Pulse.	<input type="checkbox"/> Date: _____	<b>\$50</b> March 19, 2021
Biometric Screenings  Complete screenings at your primary care provider's office and complete the Physician Screening - Flu Shot Form <sup>4</sup> .	Glucose	<input type="checkbox"/> Date: _____	<b>\$25</b> screening / <b>\$25</b> glucose reading below 200, or for PCP consult if needed. April 2, 2021
	Total Cholesterol	<input type="checkbox"/> Date: _____	<b>\$25</b> screening / <b>\$25</b> total cholesterol below 200, or for PCP consult if needed. April 16, 2021
	Body Mass Index	<input type="checkbox"/> Date: _____	<b>\$25</b> screening / <b>\$25</b> BMI between 18.5 and 27.5, or for PCP consult if needed. April 30, 2021
	Blood Pressure	<input type="checkbox"/> Date: _____	<b>\$25</b> screening / <b>\$25</b> BP below 140/90, or for PCP consult if needed. May 28, 2021 <sup>5</sup>
Annual dental cleaning/exam	Delta Dental will automatically track your visit. Complete between 1/1/2020 - 12/31/2020.	<input type="checkbox"/> Date: _____	<b>\$50</b> June 11, 2021 <sup>6</sup>
<b>NEW AS OF 8/1/2020*</b>			
Step challenges	Join, complete, and earn \$50/challenge.	<input type="checkbox"/> Date: _____	<b>\$50</b> <sup>7</sup>
	September - Step It Up to a Better You	<input type="checkbox"/> Date: _____	<b>\$50</b> <sup>7</sup>
	October - Fall Into Fitness	<input type="checkbox"/> Date: _____	<b>\$50</b> <sup>7</sup>
Preventative Screenings	Earn \$50/applicable screening.	<input type="checkbox"/> Date: _____	<b>\$50</b> /applicable screening <sup>7</sup>
	Colonoscopy	<input type="checkbox"/> Date: _____	
	Mammogram	<input type="checkbox"/> Date: _____	
	Pap smear	<input type="checkbox"/> Date: _____	
PSA screening		<input type="checkbox"/> Date: _____	
		<input type="checkbox"/> Date: _____	
Get an eye exam	VSP will automatically track your visit. Complete between 1/1/2020 - 12/31/2020.	<input type="checkbox"/> Date: _____	<b>\$50</b> <sup>7</sup>
Get a flu shot	Complete between 9/1/20 – 12/31/20 as indicated on page 2.	<input type="checkbox"/> Date: _____	<b>\$50</b> <sup>7</sup>
Re-register your account at bcbsri.com	Complete between 10/1/20 – 12/31/20	<input type="checkbox"/> Date: _____	<b>\$50</b> <sup>7</sup>

<sup>3</sup>Participants can earn a maximum of \$500 per year through the Rewards for Wellness program.

<sup>4</sup>The form can be obtained from [www.employeebenefits.ri.gov/wellness/rewards\\_2020-2021.php](http://www.employeebenefits.ri.gov/wellness/rewards_2020-2021.php).

<sup>5</sup>For 20-pay-period employees, the blood pressure screening incentive will be delivered on November 12, 2021.

<sup>6</sup>For 20-pay-period employees, the annual dental cleaning/exam incentive will be delivered on November 26, 2021.

<sup>7</sup>Payouts are between April 2, 2021 and May 28, 2021.

\*New incentives are alternatives to the biometric screenings.