



Updated as of 8/1/2020

2020 - 2021
STATE OF RHODE ISLAND
REWARDS FOR WELLNESS
PROGRAM

Take an active role in better health—and get rewarded



IT PAYS TO GET HEALTHY

Rewards for Wellness 2020-2021

Rewards for Wellness is a unique program sponsored by the State that makes it easier to get the care you need—and rewards you for doing it. **As an employee you can earn up to \$500 in wellness credits by participating in specific activities.**¹ The credits are automatically applied to your bi-weekly medical plan premium (your co-share) on ten select pay days during the first half of 2021.

New program incentives added

In response to the circumstances surrounding the COVID-19 pandemic, we are re-evaluating our current program offerings and adding new ways for you to earn your wellness credits—keep reading to learn more. The 2020 on-site wellness fairs and biometrics screenings have been canceled. However, you may still schedule your screenings through your physician or a local lab—if you are comfortable doing so—in order to earn wellness credits. If you have already completed any/all screenings, you will receive any associated credits for which you qualified.

Visit www.employeebenefits.ri.gov/wellness to learn more about the program and see if you are eligible to participate.

We've added more ways to earn wellness credits

In addition to the incentives announced earlier this year, we've added several new ways you can earn wellness credits. (These new activities are alternatives to the biometric screenings.) *Please note: The maximum amount an employee can earn in annual wellness credits is \$500, regardless of number of activities completed.*



Join our three monthly step challenges

This fall, the State will sponsor three step challenges:

September – Step It Up to a Better You

October – Fall Into Fitness

November – Washington DC

Sign up and participate, and you'll earn \$50 in co-share credits for each challenge completed. Complete all three and earn \$150 in co-share credits! Download the Virgin Pulse app or register at bcsri.com to enroll.

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.

Get an eye exam

Schedule and receive an eye exam anytime during 2020 and you'll receive \$50 in co-share credits. The exam credit will be tracked automatically through VSP.

Get your flu shot

It's good for your health and for earning co-share credits. Get a flu shot any time between September 1, 2020, and December 31, 2020, and you'll earn \$50 in co-share credits. We will automatically track any flu shots received at one of the State-sponsored flu shot clinics, in your provider's office, or at a local pharmacy. If you receive a flu shot anywhere else, complete the appropriate section on the Physician Screening - Flu Shot Form and submit it to BCBSRI to earn credit. You can find the Physician Screening - Flu Shot Form at www.employeebenefits.ri.gov/wellness/rewards_2020-2021.php to register for a State-sponsored flu shot clinic.

Receive your annual preventive screenings

Earn \$50 in co-share credits for each applicable preventive screening you receive. BCBSRI will automatically track your participation. These screenings are in addition to your annual preventive exam. To learn more, visit www.employeebenefits.ri.gov.

Eligible preventive screenings are:

- Colonoscopy
- Mammogram
- Pap smear
- PSA testing

Re-register for bcsri.com

BCBSRI will be introducing an enhanced online experience for members—one that makes it even easier to manage your plan, select a new PCP, track claims, and more. Re-register your account at bcsri.com between October 1, 2020, and December 31, 2020, and you'll earn \$50 in co-share credits. This new incentive is in addition to the original \$50 registration incentive.

¹Only 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. More program details are available at www.employeebenefits.ri.gov/wellness and from your Wellness Champion.



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 ³ |
|--|--|---|---|
| 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 bcbsri.com to register your account. | <input type="checkbox"/> Date: _____ | \$50 January 22, 2021 |
| Register for Doctors Online | Search "Drs. Online" in your preferred app store and download,* or visit drs-online.com to create an account. | <input type="checkbox"/> Date: _____ | \$50 February 5, 2021 |
| Use Virgin Pulse to complete wellness activities | Access Virgin Pulse using bcbsri.com , 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: _____ | \$25/quarter – Level 2 \$50/quarter – Level 3 \$100/quarter – 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: _____ | \$50 March 19, 2021 |
| Biometric Screenings Complete screenings at your primary care provider's office and complete the Physician Screening - Flu Shot Form ⁴ . | Glucose | <input type="checkbox"/> Date: _____ | \$25 screening / \$25 glucose reading below 200, or for PCP consult if needed. April 2, 2021 |
| | Total Cholesterol | <input type="checkbox"/> Date: _____ | \$25 screening / \$25 total cholesterol below 200, or for PCP consult if needed. April 16, 2021 |
| | Body Mass Index | <input type="checkbox"/> Date: _____ | \$25 screening / \$25 BMI between 18.5 and 27.5, or for PCP consult if needed. April 30, 2021 |
| | Blood Pressure | <input type="checkbox"/> Date: _____ | \$25 screening / \$25 BP below 140/90, or for PCP consult if needed. May 28, 2021 ⁵ |
| Annual dental cleaning/exam | Delta Dental will automatically track your visit. Complete between 1/1/2020 - 12/31/2020. | <input type="checkbox"/> Date: _____ | \$50 June 11, 2021 ⁶ |
| NEW AS OF 8/1/2020* | | | |
| Step challenges | Join, complete, and earn \$50/challenge. | <input type="checkbox"/> Date: _____ | \$50 ⁷ |
| | September - Step It Up to a Better You | <input type="checkbox"/> Date: _____ | \$50 ⁷ |
| | October - Fall Into Fitness | <input type="checkbox"/> Date: _____ | \$50 ⁷ |
| Preventative Screenings | Earn \$50/applicable screening. | <input type="checkbox"/> Date: _____ | \$50 /applicable screening ⁷ |
| | 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: _____ | \$50 ⁷ |
| Get a flu shot | Complete between 9/1/20 – 12/31/20 as indicated on page 2. | <input type="checkbox"/> Date: _____ | \$50 ⁷ |
| Re-register your account at bcbsri.com | Complete between 10/1/20 – 12/31/20 | <input type="checkbox"/> Date: _____ | \$50 ⁷ |

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

⁴The form can be obtained from www.employeebenefits.ri.gov/wellness/rewards_2020-2021.php.

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

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

⁷Payouts are between April 2, 2021 and May 28, 2021.

*New incentives are alternatives to the biometric screenings.

STAY ACTIVE AND STAY CONNECTED— ANYTIME, ANYWHERE

At the State, we know how busy your life can get, and we're committed to finding new ways to integrate wellness into your hectic schedule. That's why we are providing mobile tools to help you maximize your benefits and focus on wellness—anytime, anywhere.



Your Blue Touch RI/bcbsri.com: Review your benefits, check on claims, and find nearby providers on the go with the free app,* or log onto the website to do even more, such as comparing costs for services and reading and writing provider reviews.

Doctors Online: Download the BCBSRI Drs. Online app or visit drs-online.com to talk to a top-rated, board-certified doctor from your smartphone, tablet, or computer, 24/7.¹



Virgin Pulse: Complete wellness activities with the Virgin Pulse app². Download the free app** 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.

We're here to help!

Call the **State of Rhode Island Employee CARE Center**
(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.



¹In the case of an emergency, you should always call 911. Doctors Online is not intended to replace these services and should not be used in those circumstances.

²Doctors Online is a telemedicine service provided by American Well®, an independent company that administers Doctors Online on behalf of Blue Cross & Blue Shield of Rhode Island.

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



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**IT'S WHAT
WE LIVE FORSM**



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