

THESE \$0 SERVICES COULD SAVE YOUR LIFE

You don't want to get sick. Nobody does. And you certainly don't want to end up with a major medical problem. One great way to avoid these issues is to develop healthy habits like getting regular exercise, eating sensibly, and making sure you get an annual preventive exam with your doctor. Your doctor can help you determine if you need important tests for things like breast cancer or prostate cancer. These important \$0 preventive screenings could save your life, and they are offered at no additional charge with your health plan.

WELLNESS PAYS

Here's another great reason to make healthy living a priority—wellness pays

You can earn up to \$500 in credits through the State's Rewards for Wellness Program when you complete certain wellness activities*. The credits are automatically applied to your bi-weekly medical plan premium (your co-share), so you'll be getting healthier and saving money. To earn your credits, simply complete certain wellness activities — like obtaining your health screenings from your primary care provider (PCP) or at one of the health fairs that will be held across various State locations in Spring 2020.

How much more could you earn with additional wellness credits?

- Receive an annual preventive exam in 2020 and earn a \$250 credit toward your co-share**.
- If your spouse gets an annual preventive exam, you'll earn an additional \$250 credit**.

Together with the Rewards for Wellness Program, you can earn up to \$750 in co-share credits (or \$1,000 with spouse)!

Visit employeebenefits.ri.gov/wellness for more information.



A RHODE TO HEALTHIER LIVING

Big changes can begin with small steps. To help you find new ways to get moving—and maybe a few new ideas for dinner—Blue Cross & Blue Shield of Rhode Island (BCBSRI) has created The Rhode Ahead. Available online or by mail, The Rhode Ahead is full of fun fitness ideas, money-saving tips, and delicious recipes to try. Find it at bcbsri.com/rhodeahead.

If you have questions, please call the **State of Rhode Island Employee CARE Center** at **(401) 429-2104** or **1-866-987-3705**. The CARE Center hours are Monday — Friday, 8:00 a.m. — 8:00 p.m., and Saturday, 8:00 a.m. — noon.

* 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.

** You and/or your spouse must obtain at least one of the following qualifying preventive screenings to earn the \$250 credit(s): annual physical exam, annual gynecological exam, or prenatal obstetric exam. 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.

Preventive healthcare services

Preventive healthcare services help you avoid potential health problems or find them early when they are most treatable, before you feel sick or have symptoms. We pay in full for the preventive care services that are listed in your Rhode Island State Employees health plan benefits.

Note: In order for preventive services to be covered without cost-sharing, members must receive services from a network provider, and certain age, sex, and risk profile requirements may apply. For details about preventive services coverage, please refer to your Benefit Booklet or call the **State of Rhode Island Employee CARE Center**.

	Women	Men	Children
Abdominal aortic aneurysm one-time screening	•	•	
Alcohol misuse screening and counseling	•	•	•
Alcohol, tobacco, and drug use assessment			•
Anemia screening	•		•
Aspirin use	•	•	
Bacteriuria screening “pregnant women”	•		
Behavioral assessments (0-11mths, 1-4yrs, 5-10yrs, 11-14yrs, 15-17yrs)			•
Bilirubin newborn screening			•
Blood pressure screening	•	•	•
Breast cancer genetic test counseling (BRCA)	•		
Breast cancer mammography screening	•		
Breast cancer preventive medications	•		
Breastfeeding comprehensive support and counseling	•		
Cervical screening cancer and human papilloma virus (HPV)	•		
Cervical dysplasia screening			•
Chlamydia infection screening	•		
Cholesterol screening (dyslipidemia)	•	•	•
Colorectal cancer screening	•	•	
Contraceptives	•		
Depression screening	•	•	•
Developmental and autism screening			•
Diabetes (type 2) screening	•	•	
Healthy diet and physical activity counseling	•	•	
Domestic and interpersonal violence screening and counseling	•		
Fall prevention	•	•	
Folic acid	•		
Fluoride chemoprevention supplements			•

	Women	Men	Children
Fluoride varnish			•
Gestational diabetes	•		
Gonorrhea screening for newborns			•
Gonorrhea preventive medication			•
Hearing screening for newborns/children			•
Height, weight, and body mass index (BMI)			•
Hemoglobinopathies or sickle cell screening			•
Hepatitis B screening	•	•	•
Hepatitis C screening	•	•	
HIV screening	•	•	•
Hypothyroidism screening for newborns			•
Immunizations per AAP and CDC guidelines	•	•	•
Lead screening			•
Lung cancer screening	•	•	
Newborn blood screening			•
Obesity screening and counseling	•	•	•
Osteoporosis screening	•		
Phenylketonuria (PKU) screening			•
Preeclampsia and screening	•		
Rh incompatibility prevention and screening	•		
Sexually transmitted infection (STI) screening, prevention counseling	•	•	•
Statin preventive medication	•	•	
Syphilis screening	•	•	
Tobacco use screening	•	•	•
Tuberculosis screening	•	•	•
Urinary incontinence screening	•		
Urinary tract or other infection screening for pregnant women	•		
Vision screening			•
Well visits for adults and children	•	•	•

Source: HealthCare.gov

Guidelines and covered preventive healthcare services may change over time. Note: In order for preventive services to be covered without cost-sharing, members must receive services from a network provider, and certain age, sex, and risk profile requirements may apply. For details about preventive services coverage, please refer to the plan's Subscriber Agreement available online at bcbsri.com or contact customer service.



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