

State of Rhode Island  
Office of Employee Benefits  
One Capitol Hill  
Providence, RI 02908

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US POSTAGE PAID  
PROVIDENCE, RI  
PERMIT# 1286

**2019-2020  
Rhode Island State  
Employee Wellness:**

Take Steps in a Healthy Direction  
and Earn Financial Incentives!



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# Wellness Pays

The State takes a total-health approach to wellness, not just focusing on your physical health but also your mental health, financial health and work/life balance. There are a variety of programs and resources available to help you achieve your goals. Three of these programs are described below and provide you with financial incentives for your participation. Please note, while non-classified employees working in higher education may not have transitioned to the new Anchor plans and new collective bargaining terms, at the time of printing it was anticipated they would during 2019 and thereby have the below wellness offerings available to them.

## Rewards for Wellness 2019–2020

The Rewards for Wellness program enters its 12th year in 2019. Once again, it offers up to \$500 per employee in credits that are automatically applied to your bi-weekly medical plan premium (co-share) for completing certain wellness activities. Just like last year, the Rewards for Wellness Program will have one time of offer for all activities (January 1, 2019 – December 31, 2019) and incentives will be delivered in ten consecutive pay days in the first half of 2020. Activity details and the health and financial wellness fair schedule can be found in later pages in this brochure. More information can also be found at [www.employeebenefits.ri.gov/wellness](http://www.employeebenefits.ri.gov/wellness).

New for  
2019!

## Annual Preventive Exam Incentive

Preventive care is important to helping you stay healthy as it may uncover an issue before you have symptoms. If you receive a preventive exam in 2019, you will earn \$250 in credit toward your co-shares. If you're married or have a domestic partner, you'll earn an additional \$250 in credit towards your co-shares if they receive an annual preventive exam in 2019.

Preventive exams that will qualify for the incentive include:

- Annual Physical Exam
- Annual Gynecological Exam
- Prenatal Obstetric Exam

Under the Affordable Care Act, preventive services are covered at 100%. You can visit [www.uhc.com/health-and-wellness/preventive-care](http://www.uhc.com/health-and-wellness/preventive-care) to see what other preventive exams/screenings are recommend for you based on your age and gender. However, to receive the incentive, you must have one of the preventive exams listed above.

UnitedHealthcare will automatically track your participation in this program through claims activity. Credits will be delivered in 5 consecutive pay days in the second half of 2020.

New for  
2019!

## Diabetes Prevention Program (DPP) Completion Incentive

The DPP is a year-long program developed to help individuals showing pre-diabetic symptoms to lose weight and reduce their risk of type 2 diabetes. The DPP is administered by the YMCA. You and your qualifying dependents can participate in DPP free of charge as part of your State of Rhode Island medical coverage. **If you complete 20 of the 25 sessions (excluding session 0) of the DPP program, you will earn \$500 as a taxable incentive.**

To see if you are eligible for the program and to learn more, visit [www.employeebenefits.ri.gov/wellness](http://www.employeebenefits.ri.gov/wellness).

## What this all means for you

Eligible employees\* have the opportunity to earn valuable financial incentives by participating in wellness programs. In addition to the programs described here, there are additional wellness opportunities available to you, including Employee Assistance Program, Virtual Visits and Financial Wellness. Visit [www.employeebenefits.ri.gov/wellness](http://www.employeebenefits.ri.gov/wellness) for more details.

\* Only State of RI employees who are paying medical co-shares based on the rates posted at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) are eligible to receive co-share credit incentives.



# State of Rhode Island Rewards for Wellness Program 2019-2020 Calendar

Complete the following activities and earn up to \$500 in co-share credit!

The time of offer for all activities is January 1, 2019 - December 31, 2019.

Activity Description	Co-Share Credit	Completed ✓	Incentive Delivery
<b>Wellness Fair Screening Activities—earn up to \$300 in 1 day!</b> Wellness fairs will be held between March and May.			
<b>Obtain a Blood Pressure screening</b> at a health fair or your physician's office* that is less than 140/90 <b>OR</b> consult with your physician on any necessary treatment or counseling.	<b>\$75</b>	<input type="checkbox"/> Date: _____	<input type="checkbox"/> <input type="checkbox"/> January 24, 2020 (\$50) February 7, 2020 (\$25)
<b>Body Mass Index (BMI) screening</b> (a) <b>Obtain a BMI screening</b> at a health fair or in your physician's office.* (b) <b>Earn an additional incentive</b> with a BMI of less than 27.5** <b>OR</b> consult with your physician on any treatment or counseling.***	<b>\$50</b>  <b>\$25</b>	<input type="checkbox"/> Date: _____	<input type="checkbox"/> <input type="checkbox"/> February 7, 2020 (\$25) February 21, 2020 (\$50)
<b>Obtain a Total Cholesterol Screening</b> (a) <b>Obtain a Total Cholesterol Screening</b> at a health fair or in your physician's office.* (b) <b>Earn an additional incentive</b> with a Total Cholesterol of less than 200 <b>OR</b> consult with your physician on any treatment or counseling.***	<b>\$50</b>  <b>\$25</b>	<input type="checkbox"/> Date: _____	<input type="checkbox"/> <input type="checkbox"/> March 6, 2020 (\$50) March 20, 2020 (\$25)
<b>Obtain a Glucose Screening</b> (a) <b>Obtain a Glucose Screening</b> at a health fair or in your physician's office.* (b) <b>Earn an additional incentive</b> with a glucose of less than 200 <b>OR</b> consult with your physician on any treatment or counseling.***	<b>\$50</b>  <b>\$25</b>	<input type="checkbox"/> Date: _____	<input type="checkbox"/> <input type="checkbox"/> March 20, 2020 (\$25) April 3, 2020 (\$50)
<b>RALLY Health Survey</b>	<b>\$50</b>	<input type="checkbox"/> Date: _____	<input type="checkbox"/> April 17, 2020 (\$50)
<b>Dental Cleaning/Exam</b>	<b>\$50</b>	<input type="checkbox"/> Date: _____	<input type="checkbox"/> May 1, 2020 (\$50)
<b>Three RALLY Missions</b>	<b>\$100</b>	<input type="checkbox"/> Date: _____	<input type="checkbox"/> <input type="checkbox"/> <b>26 Pay Period Employees:</b> May 29, 2020 (\$50) June 12, 2020 (\$50) <input type="checkbox"/> <input type="checkbox"/> <b>20 Pay Period Employees:</b> November 27, 2020 (\$50) December 11, 2020 (\$50)

Only State of RI employees who are paying medical co-shares based on the rates posted at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) are eligible to receive co-share credit incentives. More program details are available from your agency HR office, Wellness Champion, and at [www.employeebenefits.ri.gov/wellness](http://www.employeebenefits.ri.gov/wellness). Visit PayStub RI for important program announcements.

\* If you receive a screening at your physician's office you MUST submit a *Physician Screening Verification Form* to UnitedHealthcare.

\*\* If your BMI is over 27.5 but your body fat falls within the healthy range according to your gender and age you will receive the full BMI incentive, without having to consult with your physician. More information on this can be found at [www.employeebenefits.ri.gov/wellness](http://www.employeebenefits.ri.gov/wellness).

\*\*\* If you do not reach the screening target and consult with your physician instead, you MUST submit a *Physician Screening Verification Form* to UnitedHealthcare.



# State of Rhode Island

## Employee Health & Financial Wellness Fairs

### Spring 2019 Schedule

Like last year, certain health fairs will have financial wellness vendors. Dark yellow rows indicate expanded fairs. Please visit [www.employeebenefits.ri.gov/wellness](http://www.employeebenefits.ri.gov/wellness) for registration information. *Please note this schedule is subject to change.*

Department	Location	Date	Time
Donley Rehabilitation Center	249 Blackstone Boulevard, Providence - Health Fair: Multi-Purpose Room	3/18/19	9:00 AM - 11:00 AM
DHS Pawtucket	249 Roosevelt Avenue, Pawtucket - Health Fair: Training Conference Room	3/19/19	1:00 PM - 4:00 PM
DCYF Wakefield & CRMC (Stedman Complex)	4808 Tower Hill Road, Wakefield - Health Fair: Conference Room, 2nd Floor	3/20/19	10:00 AM - 2:00 PM
Kent County Courthouse	222 Quaker Lane, Warwick - Health Fair: Jury Room, 1st Floor	3/21/19	11:00 AM - 3:00 PM
State House	82 Smith Street, Providence - Health Fair: Bell Room, 1st Floor	3/25/19	9:00 AM - 3:00 PM
DCYF Providence	101 Friendship Street, Providence - Health Fair: Conference Room, 2nd Floor	3/26/19	10:00 AM - 4:00 PM
Public Utilities Commission	89 Jefferson Boulevard, Warwick - Health Fair: Hearing Room A	3/27/19	10:30 AM - 2:00 PM
Division of Motor Vehicles	600 New London Ave, Cranston - Health Fair: <i>(Open to DMV Employees Only)</i>	3/28/19	11:30 AM - 3:30 PM
Rhode Island Training School	57 Power Road, Cranston - Health Fair: Youth Development Center	3/29/19	6:00 AM - 9:00 AM 2:00 PM - 5:00 PM
Providence Courthouse (Licht Complex)	250 Benefit Street, Providence - Health Fair: Bourcier Conference Room, 7th Floor	4/1/19	10:30 AM - 4:00 PM
DLT & DBR (Pastore Complex)	1511 Pontiac Avenue, Cranston - Health Fair: Conference Room 73 - 1	4/2/19	8:30 AM - 4:00 PM
<b>Department of Administration</b> One Capitol Hill, Providence	Health Fair: Conference Room A, 2nd Floor Financial Fair: Atrium, 1st Floor	4/3/19	8:30 AM - 4:00 PM
<b>University of Rhode Island</b> 80 Lower College Road, Kingston	Health & Financial Fairs: Memorial Union Ballroom	4/4/19	8:30 AM - 4:00 PM
Department of Health	Three Capitol Hill, Providence - Health Fair: Department Operations Center	4/5/19	10:00 AM - 4:00 PM
<b>Department of Education/URI Providence</b> 255 Westminster Street, Providence	Health & Financial Fairs: Shepard Building, Paff Auditorium, 1st Floor <i>Convenient location for any State employees in Providence</i>	4/8/19	10:00 AM - 4:00 PM
Eleanor Slater Hospital / Zambarano 2090	Wallum Lake Road, Pascoag - Health Fair: Auditorium	4/9/19	6:00 AM - 9:00 AM 2:00 PM - 5:00 PM
CCRI Warwick	400 East Avenue, Warwick Health Fair: Lower Commons	4/10/19	11:00 AM - 4:00 PM
DLT & DBR (Pastore Complex)	1511 Pontiac Avenue, Cranston Health Fair: Conference Room 73 - 1 <i>Convenient location for any State employees at the Pastore Complex</i>	4/11/19	8:00 AM - 11:00 AM 3:00 PM - 6:00 PM
<b>DOC Training Academy (Pastore Complex)</b> 18 Wilma Schesler Lane, Cranston	Health & Financial Fairs: Dix Building Conference Room	4/12/19	1:00 PM - 6:00 PM
CCRI Lincoln	1762 Louisquissett Pike, Lincoln - Health Fair: Faculty Dining Room	4/15/19	11:30 AM - 3:00 PM
Rhode Island College	600 Mount Pleasant Avenue, Providence - Health Fair: Student Union Ballroom	4/16/19	11:00 AM - 5:00 PM
<b>DHS Veterans Home</b> 480 Metacom Avenue, Bristol	Health & Financial Fairs: Dining Room/Multi-Purpose Room (Galley)	4/17/19	7:00 AM - 10:00 AM 3:00 PM - 6:00 PM
University of Rhode Island	80 Lower College Road, Kingston - Health Fair: Atrium 1	4/18/19	8:30 AM - 4:00 PM
Rhode Island College	600 Mount Pleasant Avenue, Providence - Health Fair: Student Union Ballroom	4/23/19	9:00 AM - 2:00 PM
DOC Training Academy (Pastore Complex)	18 Wilma Schesler Lane, Cranston - Health Fair: Dix Building Conference Room	4/24/19	9:00 AM - 1:00 PM
Department of Education/URI Providence	255 Westminster Street, Providence Health Fair: Shepard Building, Paff Auditorium, 1st Floor <i>Convenient location for any State employees in Providence</i>	4/26/19	10:00 AM - 3:30 PM
Department of Health	Three Capitol Hill, Providence - Health Fair: Department Operations Center	4/29/19	10:00 AM - 4:00 PM
Department of Administration	One Capitol Hill, Providence Health Fair: Conference Room A, 2nd Floor	4/30/19	9:30 AM - 5:00 PM
Department of Environmental Management	235 Promenade Street, Providence - Health Fair: Room 300	5/1/19	8:00 AM - 2:30 PM
DHS & EOHHS (Pastore Complex)	57 Howard Ave, Cranston - Health Fair: Louis Pasteur Building, West Wing	5/2/19	10:00 AM - 3:30 PM
DHS Providence	206 Elmwood Avenue, Providence - Health Fair: Cafeteria, 1st Floor	5/3/19	10:00 AM - 2:00 PM
Warwick State Offices	50 Service Avenue, Warwick - Health Fair: Staff Lounge	5/7/19	12:00 PM - 4:30 PM
Newport Murray Courthouse	45 Washington Square, Newport - Health Fair: Jury Room, 3rd Floor	5/8/19	11:30 AM - 2:30 PM
William Davies Tech High School	50 Jenckes Hill Road, Lincoln - Health Fair: Staff Lounge Room	5/9/19	1:00 PM - 4:00 PM
State Police Public Safety Complex	311 Danielson Pike, North Scituate - Health Fair: Break Room, 1st Floor	5/10/19	10:00 AM - 2:00 PM
DOT Maintenance Facility	360 Lincoln Avenue, Warwick - Health Fair: Break Room and Foyer, 1st Floor	5/13/19	11:00 AM - 2:00 PM
RI School for the Deaf	1 Corliss Park, Providence - Health Fair: Gymnasium	5/14/19	12:00 PM - 4:00 PM
Rhode Island Traffic Tribunal	670 New London Avenue, Cranston - Health Fair: Court Room 1A	5/15/19	11:00 AM - 3:00 PM
ORS Office of Rehabilitation Services	40 Fountain Street, Providence - Health Fair: Conference Room, 8th Floor	5/16/19	10:00 AM - 2:00 PM



# State of Rhode Island Rewards for Wellness Program Physician Screening Verification Form

Dear Provider:

Your patient is participating in the State of Rhode Island Rewards for Wellness Program. This program is designed to encourage eligible employees\* to obtain recommended preventive care screenings and take action to improve their health. All employees who receive the screenings between January 1, 2019 and December 31, 2019, and achieve the target or consult with their doctor, will be eligible to earn up to \$300 in co-share credits (premium reduction). Employees can receive the screenings at an onsite screening event at the workplace or at their physician's office.

The State of Rhode Island has an outcomes based wellness program, that requires eligible employees to achieve certain health targets to qualify for the incentives (see below chart). If employees do not achieve the targets, they can still earn the incentive by consulting with their physician. In consulting with their physician, employees should receive any necessary counseling or treatment on their screening values that fall in an unhealthy range.

\* Only State of RI employees who are paying medical co-shares based on the rates posted at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) are eligible to receive co-share credit incentives.

<b>SCREENING</b>	<b>TARGET</b>
Body Mass Index	Less than 27.5
Blood Pressure	Less than 140/90
Total Cholesterol	Less than 200
Non fasting Glucose	Less than 200



**EMPLOYEE:**  
**PLEASE SUBMIT**  
**COMPLETED FORM**  
**BY MAIL OR FAX**

**MAIL TO:**

UnitedHealthcare  
Attn: Linda McCormick  
475 Kilvert Street  
Warwick, RI 02886

**FAX:**

401-732-7211

Please keep a copy of  
your fax confirmation for  
proof of submission.

Please verify that you have provided or received results for the following screenings for your patient during 2019, and list the results of those screenings below. We understand that as a medical expert, you may determine additional tests for your patient as needed. Please check all that apply.

**Please note:** an employee may have received 1 or more of the screenings below at an onsite event, therefore, the employee may only need one or two of the screenings below. It is ok to just fill out the screenings you conducted with the employee.

- |  |  |
|--|--|
| <input type="checkbox"/> Body Mass Index (BMI) | <input type="checkbox"/> Glucose           |
| <input type="checkbox"/> Blood Pressure        | <input type="checkbox"/> Total Cholesterol |

**Patient Receiving Screening:**

Patient Name (please print): \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

UHC Subscriber/Member ID (on UHC card) **or** SSN: \_\_\_\_\_

**2019 BMI Screening results**

Date of screening: \_\_\_\_\_ Height: \_\_\_\_\_ Ft. \_\_\_\_\_ In.

Body Mass Index (BMI): \_\_\_\_\_ Weight: \_\_\_\_\_ Lbs.

**2019 Physician Blood Pressure Screening results**

Date of screening: \_\_\_\_\_ Systolic \_\_\_\_\_ Diastolic \_\_\_\_\_

**2019 Glucose Screening results**

Date of screening: \_\_\_\_\_ Glucose level: \_\_\_\_\_ mg/dL

**2019 Total Cholesterol Screening results**

Date of screening: \_\_\_\_\_ Total cholesterol: \_\_\_\_\_ mg/dL

**In accordance with HIPPA, no personal health information will be shared with the State of Rhode Island.**

**I certify that the patient named above has received the medical screening shown above, along with any necessary counseling/treatment.**

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Physician (please print): \_\_\_\_\_

Physician Address: \_\_\_\_\_

Physician Telephone: \_\_\_\_\_