



2020 - 2021
STATE OF RHODE ISLAND
EMPLOYEE WELLNESS

Take an active role in better health—and get rewarded



IT PAYS TO GET HEALTHY

Rewards for Wellness 2020-2021

Once again, the State is sponsoring Rewards for Wellness, a unique program 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.

Annual Preventive Exam Incentive

Preventive care can go a long way in helping you stay healthier. If you receive an annual preventive exam in 2020, you will earn \$250 in credit toward your co-shares. If you have a spouse or domestic partner, you can earn an additional \$250 in credit toward your co-shares if they receive an annual preventive exam in 2020.¹

Receive one of the following preventive exams to 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.

Diabetes Prevention Program Completion Incentive

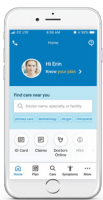
Administered by the YMCA, the Diabetes Prevention Program (DPP) is a year-long program developed to help individuals showing pre-diabetic symptoms to lose weight and reduce their risk of Type-2 diabetes. Qualifying employees and dependents can participate in DPP free of charge as part of the State of 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.

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



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**

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, 24/7.²



Virgin Pulse: Complete wellness activities with the Virgin Pulse app. 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.



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

Doctors 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.

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.

²In 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. Doctors Online is a telemedicine service provided by American Well®, an independent company that administers Doctors Online on behalf of BCBSRI.



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
Glucose screening	Onsite clinics will be available during Spring Wellness Fairs, or complete at your primary care provider's (PCP) office. If a consultation is needed, complete the Physician Screening Form. ⁴	<input type="checkbox"/> Date: _____	\$25 – screening \$25 – glucose reading below 200, or for PCP consult if needed April 2, 2021
Total cholesterol screening	Onsite clinics will be available during Spring Wellness Fairs, or complete at your PCP's office. If a consultation is needed, complete the Physician Screening Form. ⁴	<input type="checkbox"/> Date: _____	\$25 – screening \$25 – total cholesterol below 200, or for PCP consult if needed April 16, 2021
Body mass index (BMI)	Onsite clinics will be available during Spring Wellness Fairs, or complete at your PCP's office. If a consultation is needed, complete the Physician Screening Form. ⁴	<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 (BP) screening	Onsite clinics will be available during Spring Wellness Fairs, or complete at your PCP's office. If a consultation is needed, complete the Physician Screening Form. ⁴	<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.	<input type="checkbox"/> Date: _____	\$50 June 11, 2021 ⁶

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.



STATE OF RHODE ISLAND 2020 WELLNESS FAIR SCHEDULE

The State is pleased to sponsor the following health and financial wellness fairs. Take advantage of these opportunities to get recommended screenings, and learn about other ways that you can stay physically and financially fit. Like last year, certain health fairs will be expanded to include financial wellness vendors. Dark yellow rows indicate expanded fairs. Visit www.employeebenefits.ri.gov/wellness/wellness_fair.php to register. Please note, this schedule is subject to change.

DEPARTMENT	LOCATION	DATE	TIME
Donley/Arrigan Rehabilitation Center	249 Blackstone Boulevard, Providence - Multi-Purpose Room	3/16/20	9:00 AM - 12:00 PM
DHS Pawtucket	249 Roosevelt Avenue, Pawtucket - Training Conference Room	3/17/20	12:00 PM - 4:00 PM
Stedman/McGrath Complex	4808 Tower Hill Road, Wakefield - Conference Room, 2nd Floor	3/18/20	11:00 AM - 4:00 PM
Noel Judicial Complex	222 Quaker Lane, Warwick - Jury Room, 1st Floor	3/19/20	11:00 AM - 3:00 PM
State House	82 Smith Street, Providence - Bell Room, 1st Floor	3/20/20	9:00 AM - 3:00 PM
Department of Environmental Management	235 Promenade Street, Providence - Room 300	3/23/20	8:00 AM - 2:30 PM
Rhode Island Training School	57 Power Road, Cranston - Youth Development Center	3/24/20	6:00 AM - 10:00 AM
Licht Judicial Complex	250 Benefit Street, Providence - Bourcier Conference Room, 7th Floor	3/25/20	10:30 AM - 4:00 PM
DLT & DBR (Pastore Complex)	1511 Pontiac Avenue, Cranston - Conference Room 73 - 1	3/26/20	8:00 AM - 4:00 PM
DHS Providence	206 Elmwood Avenue, Providence - Cafeteria, 1st Floor	3/27/20	10:00 AM - 2:00 PM
DCYF Providence	101 Friendship Street, Providence - Conference Room, 2nd Floor	3/30/20	10:00 AM - 4:00 PM
Public Utilities Commission	89 Jefferson Boulevard, Warwick - Hearing Room A	3/31/20	11:00 AM - 1:30 PM
University of Rhode Island	50 Lower College Road, Kingston - Atrium 2	4/1/20	9:00 AM - 4:00 PM
Department of Administration One Capitol Hill, Providence	Health Fair: Conference Room A, 2nd Floor Financial Fair: Atrium, 1st Floor	4/2/20	8:30 AM - 3:30 PM
Department of Education/URI Providence	255 Westminster Street, Providence - Shepard Building - Paff Aud., 1st Floor <i>Convenient location for any State employees in Providence</i>	4/6/20	10:00 AM - 2:00 PM
Eleanor Slater Hospital/Zambarano Wallum Lake Road, Pascoag	Health & Financial Fairs: Auditorium	4/7/20	9:00 AM - 3:30 PM
CCRI Warwick 400 East Avenue, Warwick	Health & Financial Fairs: Lower Commons	4/8/20	10:00 AM - 3:00 PM
Department of Health	Three Capitol Hill, Providence - Department Operations Center	4/10/20	10:00 AM - 4:00 PM
DOC Training Academy (Pastore Complex)	18 Wilma Schesler Lane, Cranston - Dix Building Conference Room, 1st Floor	4/13/20	12:00 PM - 4:00 PM
CCRI Lincoln	1762 Louisquissett Pike, Lincoln - Faculty Dining Room (Rear Section)	4/14/20	11:00 AM - 2:00 PM
Rhode Island College 600 Mount Pleasant Avenue, Providence	Health & Financial Fairs: Student Union Ballroom, 3rd Floor	4/15/20	9:30 AM - 2:30 PM
DHS Veterans Home 480 Metacom Avenue, Bristol	Health & Financial Fairs: Dining Room/Multi-Purpose Room (Galley)	4/16/20	9:30 AM - 2:30 PM
University of Rhode Island 50 Lower College Road, Kingston	Health & Financial Fairs: Memorial Union Ballroom	4/17/20	9:30 AM - 4:00 PM
Attorney General's Office	150 South Main Street, Providence - Training Room, 1st Floor <i>(Open to AG Employees Only)</i>	4/20/20	12:00 PM - 3:00 PM
Attorney General's Office	4 Howard Avenue, Cranston - Conference Room A <i>(Open to AG Employees Only)</i>	4/23/20	12:00 PM - 3:00 PM
Warwick State Offices	50 Service Avenue, Warwick - Staff Lounge	4/24/20	10:30 AM - 3:00 PM
Garrahy Judicial Complex	One Dorrance Plaza, Providence - Conference Room, 6th floor	4/27/20	11:00 AM - 3:00 PM
Division of Motor Vehicles	600 New London Avenue, Cranston <i>(Open to DMV Employees Only)</i>	4/28/20	10:00 AM - 3:00 PM
DHS & EOHS (Pastore Complex)	57 Howard Avenue, Cranston - Louis Pasteur Building, West Wing	5/1/20	10:00 AM - 3:30 PM
Department of Administration	One Capitol Hill, Providence - Conference Room A, 2nd Floor	5/4/20	8:30 AM - 3:00 PM
Newport Murray Judicial Complex	45 Washington Square, Newport - Jury Room, 3rd Floor	5/5/20	11:00 AM - 2:00 PM
William Davies Tech High School	50 Jenckes Hill Road, Lincoln - Staff Lounge Room	5/6/20	11:00 AM - 2:00 PM
State Police Public Safety Complex	311 Danielson Pike, North Scituate - Break Room, 1st Floor	5/7/20	10:00 AM - 2:00 PM
DOT Maintenance Facility	360 Lincoln Avenue, Warwick - Break Room and Foyer, 1st Floor	5/8/20	10:00 AM - 2:00 PM
RI School for the Deaf	1 Corliss Park, Providence - Gymnasium	5/11/20	10:00 AM - 2:00 PM
Rhode Island Traffic Tribunal	670 New London Avenue, Cranston - Court Room 1A	5/13/20	11:00 AM - 2:00 PM
Office of Rehabilitation Services (ORS)	40 Fountain Street, Providence - Conference Room, 8th Floor	5/14/20	10:00 AM - 2:00 PM