

REWARDS FOR WELLNESS

Earn \$100 co-share credit!!!*

Read the “Soothing Stress” online tutorial between January 19, 2015 and February 13, 2015. Complete the review quiz at www.wellness.ri.gov by February 13th and earn \$100 co-share credit.*

If you do not have access to a computer, please contact your Human Resource Department for assistance. After submitting your quiz answers online, print the “Soothing Stress” Tutorial confirmation page for your records. You will receive your incentive credit in the paychecks you receive on March 13th & 27th.



* All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only employees who are paying the State employee medical co-shares that are posted at www.employeebenefits.ri.gov are eligible to receive incentives for co-share credit.