



State of Rhode Island

Rewards for Wellness 2015-2016 Program Calendar

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

Activity Description	Incentive Amount	Time of Offer	Incentive Delivery
1. View the myHealthcare Cost Estimator (myHCE) video and complete an estimated cost of a treatment or procedure.	\$50	October 1, 2015 through October 31, 2015	December 18, 2015
2. Obtain Blood Pressure screening, at a Health fair or in your physician's office, that is equal to or less than 140/90 OR consult with your physician with a treatment plan in place.*	\$50	September 1, 2015 through January 31, 2016	March 11, 2016
3. Obtain Total Cholesterol/HDL Ratio screening, at a Health fair OR in your physician's office, that is equal to or less than 5.0 OR consult with your physician for follow up.*	\$50	September 1, 2015 through January 31, 2016	March 25, 2016
4. Obtain Body Mass Index (BMI) screening, at a Health fair OR in your physician's office, with a BMI of less than 30 OR take action to lower BMI* (3 sessions with a nutrition counselor, 3 months proof of gym membership, successful completion of certified weight loss program).*	\$50	September 1, 2015 through March 31, 2016	May 6, 2016
5. Complete the Online Health Assessment.	\$50	March 1, 2015 through December 31, 2015	January 29, 2016
6. Obtain Annual Preventive Exam.	\$100	January 1, 2015 through January 31, 2016	May 20, 2016 June 3, 2016
7. Complete the "New Year's Resolution" Online tutorial.	\$50	January 1, 2016 through January 31, 2016	February 26, 2016
8. Complete the 5-week Online Nutrition Tracker. Keep a log of your healthy eating for 5 weeks.	\$50	February 1, 2016 through March 6, 2016	April 8, 2016
9. Complete the 5-week Online Physical Activity Tracker. Track your number of steps every day OR the minutes you exercise at least four days a week for 5 weeks.	\$50	April 3, 2016 Through May 7, 2016	June 17, 2016

More program details are available at www.wellness.ri.gov and in your HR department

*Health fairs will be held between November 2, 2015 and December 18, 2015