



## REWARDS FOR WELLNESS

“5-week Online Nutrition Tracker”



# Earn \$50 co-share credit!!!\*

**It's time to kick start healthier eating habits!**

The “5-week Online Nutrition Tracker” activity is about to begin! Please visit [www.wellness.ri.gov](http://www.wellness.ri.gov) to learn more about this portion of the 2015-2016 Rewards for Wellness program.

During the activity, you will use “MyPlate” as a guide and keep track of what you eat at each meal during the day. The MyPlate visual nutrition guide was created by the United States Department of Agriculture to help you make healthy, balanced food choices. It provides a perfect opportunity for you to jump-start a personal action plan to improve your nutrition and lifestyle. For more information about MyPlate, please visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).



Using a paper tracker available through [www.wellness.ri.gov](http://www.wellness.ri.gov), you will keep track of your daily meals between February 1, 2016 and March 6, 2016. Following the instructions on the paper tracker, you will then enter weekly scores into the online tracker application accessible through [www.wellness.ri.gov](http://www.wellness.ri.gov). In order to qualify for the \$50 co-share credit, you must obtain a Nutrition Tracker Completion Certificate as detailed below.

**Obtain your Nutrition Tracker Completion Certificate by visiting [www.wellness.ri.gov](http://www.wellness.ri.gov), entering your weekly scores into the online tracker, submitting the completed online tracker containing entries for each week of the activity, and completing the required questionnaire by Thursday, March 10, 2016.**

\*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](http://www.employeebenefits.ri.gov) are eligible to receive incentives for co-share credit.

[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) website and icon courtesy of the U.S. Department of Agriculture.

