



REWARDS FOR WELLNESS

“5-week Online Nutrition Tracker”



Last Chance to Earn \$50 co-share credit!!!*

The 5-week Online Nutrition Tracker Activity Ends Soon!

The “5-week Online Nutrition Tracker” activity ends on March 6, 2016! If you have not already done so, you must visit www.wellness.ri.gov and access the online tracker application. Before the online tracker application closes on March 10, 2016, you must enter scores for each week of the activity. These scores should be taken directly from the paper tracker that you have been using to track your nutrition over the course of the activity.



In order to qualify for the \$50 co-share credit, you must obtain your Nutrition Tracker Completion Certificate by Thursday, March 10, 2016! **Obtain your Nutrition Tracker Completion Certificate by visiting 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 before 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 are eligible to receive incentives for co-share credit.

www.ChooseMyPlate.gov website and icon courtesy of the U.S. Department of Agriculture.

