



State of Rhode Island Rewards for Wellness 2016-2017 Program Calendar

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

Actions	Activity Description	Incentive Amount	Time of Offer	Incentive Delivery
	1. Obtain Annual Preventive Exam	\$100	January 1, 2016 through December 31, 2016	June 2, 2017 June 16, 2017
	2. Complete "How to Rally" Online Tutorial	\$50	July 15, 2016 through September 30, 2016	November 4, 2016
	3. Complete Rally Online Health Survey	\$50	July 15, 2016 through December 31, 2016	January 27, 2017
	4. Obtain a Blood Pressure Screening at a Health Fair or your physician's office that is less than 140/90 OR consult with your physician with a treatment plan in place*	\$100	September 1, 2016 through January 31, 2017	February 24, 2017 March 10, 2017
	5. (a) Obtain a Body Mass Index (BMI) Screening at a Health Fair or in your physician's office* (b) Earn an additional incentive with a BMI of less than 30 OR enroll in the Diabetes Prevention Program (DPP) and attend session 0 and at least 1 session OR attend 3 sessions with a nutrition counselor	\$50 \$50	September 1, 2016 through March 31, 2017	May 5, 2017 May 19, 2017
	6. Complete myHealthcare Cost Estimator Activity	\$50	October 1, 2016 through October 31, 2016	December 16, 2016
	7. <u>Complete</u> a Four Week Rally Mission	\$50	January 1, 2017 through March 15, 2017	April 7, 2017

More program details are available from your agency HR office and Wellness Champion, and at www.employeebenefits.ri.gov

*Health fairs will be held between September 12, 2016 and November 11, 2016