



REWARDS FOR WELLNESS

Earn a \$50 Co-share Credit!*

Benefits 101 Podcast



Watch the Benefits 101 Podcast and complete the corresponding quiz before December 31, 2017 and earn a \$50 co-share credit.

The Benefits 101 podcast provides valuable information about important health-related benefits and how to access them.

How it works:

- **Step 1:** Visit www.wellness.ri.gov and log into the Rewards for Wellness application using your UnitedHealthcare member ID number (from your UHC card) and your first and last initials (all caps, no space).
- **Step 2:** Watch the Benefits 101 podcast.
- **Step 3:** Complete the Benefits 101 podcast quiz.
- **Step 4:** Receive a \$50 co-share credit in your January 26, 2018 paycheck!

For additional information about any of the 2017-2018 Rewards for Wellness Program activities, please visit www.wellness.ri.gov.

*All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only employees who are paying co-shares based on the Rhode Island State Employee Health Plan rates that are posted at www.employeebenefits.ri.gov are eligible to earn co-share credit incentives.