



REWARDS FOR WELLNESS

Last Chance Earn Up to
\$500 in Co-share Credits!*



Time is running out! Complete your Rewards for Wellness activities by **December 31, 2017** to earn up to \$500 in co-share credits!



Activities:

- RALLY Health Survey
- One RALLY Mission
- Benefits 101 Podcast
- Glucose Screening
- Cholesterol Screening
- Blood Pressure Screening
- Body Mass BMI Screening
- Annual Preventive Exam
- myHealthCost Estimator

What to do:

- **RALLY and myHealthcare Cost Estimator activities:** Log into www.myuhc.com to access the RALLY Health Survey, RALLY Missions, and the myHealthCost Estimator.
- **Annual Preventive Exam activity:** Visit your doctor to have an eligible screening.
- **BMI, Cholesterol, Glucose and Blood Pressure activities:** Visit your doctor to receive these screenings during the time of offer and submit the appropriate forms to UnitedHealthcare.
- **Podcast activities:** Log into www.ri.gov/app/doa/wellness/signin to access all podcast activities.

For more information on each activity, including how to register on www.myuhc.com and Rally, and much more, please visit www.employeebenefits.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 medical 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.