



REWARDS FOR WELLNESS

5-week Online Physical Activity Tracker



Earn a \$50 co-share credit!*

The “5-week Online Physical Activity Tracker” starts soon!
Please visit www.wellness.ri.gov to learn more about this last
Activity of the 2015-2016 Rewards for Wellness program.

The 5-Week Online Physical Activity Tracker incentive runs between April 3, 2016 and May 7, 2016. Obtain a pedometer from your office wellness champion or by contacting the Office of Employee Benefits. Keep track of your steps or minutes of exercise and log them in the online tracker application. In order to earn the \$50 co-share incentive credit, you must keep track of *the number of steps you take every day OR the number of minutes you exercise at least four days of each week* of the activity.

You may keep track of your weekly activity on paper, but please note that paper trackers will not be accepted as proof of completion of the activity. You must log onto the online tracker application and obtain a completion certificate. At the end of each week of the activity, visit www.wellness.ri.gov and enter your weekly tabulations (*step totals for each day of the activity OR exercise minute totals for at least four days of each week of the activity*) into the online tracker application using your UnitedHealthcare member ID# and your initials.

Obtain your completion certificate by visiting www.wellness.ri.gov, entering your weekly tabulations into the online tracker, submitting your completed online tracker totals (*step totals for each day of the activity OR exercise minute totals for at least four days of each week of the activity*), and completing the required exit survey before the close of business on Friday, May 20, 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 posted at www.employeebenefits.ri.gov are eligible to receive incentives for co-share credit.

The online tracker application closes at 4PM on Friday, May 20, 2016. To receive the \$50 co-share incentive credit you must obtain your completion certificate before 4PM on Friday, May 20, 2016.

