





State of Rhode Island Rewards for Wellness 2018-2019 Program Calendar

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

The time of offer for all activities is January 1, 2018 - December 31, 2018.

Activity Description	Incentive Amount	Completed ✓	Incentive Delivery
Benefits 101: Behavioral Health and Substance Use video	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> January 25, 2019
 Health Survey	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> February 8, 2019
Dental Cleaning/Exam	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> February 22, 2019
Three  Missions, one of which must be a physical activity mission*	\$100	<input type="checkbox"/> Date: _____	<input type="checkbox"/> <input type="checkbox"/> March 8, 2019 (\$50) March 22, 2019 (\$50)
Wellness Fair Screening Activities—earn up to \$100 in 1 day! Wellness fairs will be held between March and May.			
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 and put a treatment plan in place	\$75	<input type="checkbox"/> Date: _____	<input type="checkbox"/> <input type="checkbox"/> April 5, 2019 (\$50) April 19, 2019 (\$25)
Body Mass Index (BMI) screening	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> <input type="checkbox"/> May 3, 2019 (\$50)
(a) Obtain a BMI screening at a health fair or in your physician's office** (b) Earn an additional incentive with a BMI of less than 27.5 OR watch the Achieving a Healthy Body Weight video and complete the corresponding quiz	\$25	<input type="checkbox"/> Date: _____	May 17, 2019 (\$25)
Annual Preventive Exam	\$100	<input type="checkbox"/> Date: _____	<input type="checkbox"/> <input type="checkbox"/> 26 Pay Period Employees: May 31, 2019 (\$50) June 14, 2019 (\$50) <input type="checkbox"/> <input type="checkbox"/> 20 Pay Period Employees: September 6, 2019 (\$50) September 20, 2019 (\$50)

All State of RI employees are eligible to participate in Rewards for Wellness activities, but only employees who are paying medical co-shares based on the rates posted at www.employeebenefits.ri.gov are eligible to receive co-share credit incentives. More program details are available from your agency HR office, Wellness Champion, and at www.employeebenefits.ri.gov/wellness. Visit PayStub RI for important program announcements.

* Qualifying physical activity missions are listed under the activity details.

**If you receive a screening at your physician's office you MUST submit a *Physician Body Mass Index Screening Form* or a *Physician Blood Pressure Screening Form* to UnitedHealthcare.