



# Rewards for Wellness 2018–2019

## Blood Pressure & BMI Screenings

As part of Rewards for Wellness 2018–2019, obtain your blood pressure and body mass index (BMI) screenings by December 31, 2018 and earn up to **\$150 in co-share credits.\***

### Know your numbers

Two of the seven activities in Rewards for Wellness 2018-2019 are the **blood pressure and BMI screenings**. You can obtain your screenings free of charge at any of the [State Employee Wellness Fairs](#) scheduled from March 12–May 9, 2018. Alternatively, you can obtain your screenings at your physician's office between January 1–December 31, 2018. Earn up to \$150 in co-share credits when you complete your screenings and satisfy the associated requirements.

140/90  
27.5

### How to complete\*\*

#### Blood pressure screening (\$75)

- Obtain a blood pressure screening that is less than 140/90 to earn a \$75 co-share credit. If your screening is over 140/90, consult with your physician and put a treatment plan in place to earn the same credit.

#### BMI screening (\$50 + \$25)

- Obtain your BMI screening at a wellness fair or your physician's office to earn a \$50 co-share credit.
- Earn an additional \$25 co-share credit with a BMI screening of less than 27.5 OR by watching the *Achieving a Healthy Body Weight* video and completing the corresponding quiz.

If you obtain the screening(s) at a wellness fair, your participation is automatically tracked by UnitedHealthcare. If you obtain the screenings(s) at your physician's office, you must submit a signed *Physician Blood Pressure Screening Form* and/or *Physician BMI Screening Form*.

To obtain more information about the screenings and any necessary forms, as well as to learn about other wellness activities, please visit [www.employeebenefits.ri.gov/wellness](http://www.employeebenefits.ri.gov/wellness)

\*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](http://www.employeebenefits.ri.gov) are eligible to earn co-share credit incentives.

\*\* OEB cannot track the completion of all your activities. Please use the 2018-2019 Program Calendar to keep track of your completions. You are also recommended to keep a copy of all your completion records.