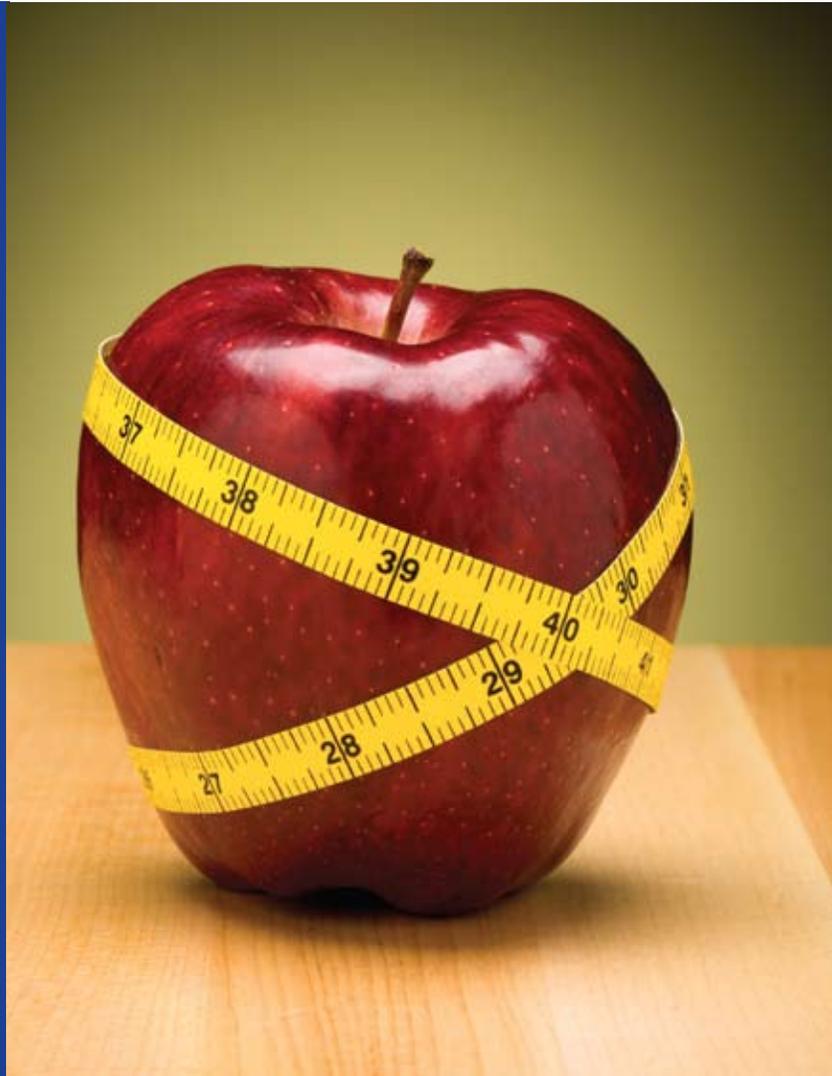


State of Rhode Island  
Department of Administration  
Office of Employee Benefits  
One Capitol Hill  
Providence, RI 02908



# State of Rhode Island Rewards for Wellness



**Rewards for Wellness is designed to help you stay healthy, get healthy or live better with an existing illness. Best of all, you can earn up to \$500 in incentives for healthy behavior along the way.**

**The State of Rhode Island is pleased to introduce Rewards for Wellness, an exciting employee health incentive program.**

*Dear Rhode Island State Employee:*

*The State of Rhode Island is pleased to announce Rewards for Wellness, a new and exciting employee wellness incentive program. Rewards for Wellness is an innovative incentive program designed to help you adopt and maintain healthy behaviors as a way of life. Participation in predetermined wellness programs and screenings allows eligible employees to earn up to \$500 in credits toward your health insurance co-shares. Rewards for Wellness aims to increase your awareness of your own health status and provides education and resources to help you stay healthy, get healthy or live better with an existing illness.*

*This brochure provides a description of upcoming wellness incentive program activities that will be offered to you in the coming months. It also includes a Frequently Asked Question & Answer Fact Sheet, instructions for accessing Online Health Coaching programs and a calendar highlighting when each program will be offered and when each incentive co-share credit will be delivered. In order to receive incentive credits, program activities must be completed within the specified time frame.*

*Finally, this brochure features a wealth of health-related benefit information to help keep you informed to better manage your health. So what are you waiting for?*

**Get fit and get started today.**

**Best of Health.**

**Sincerely,**

**Donald L. Carcieri**  
**Governor**



# State of Rhode Island Rewards for Wellness programs and incentives calendar



	Rewards for Wellness incentive programs and activities	Incentive amount	Time of offer	Incentive delivered (2009) (\$25 per pay period)
	1. Certify Non-Tobacco Use or agree to participate in a tobacco cessation program. (Sign the enclosed affidavit and fax or mail to UnitedHealthcare)	\$100	December 1, 2008 through December 31, 2008	January 23 February 6 February 20 March 6
	2. Complete UnitedHealthcare online Health Assessment	\$100	January 1, 2009 through February 20, 2009	March 20 April 3 April 17 May 1
	3. Obtain blood pressure screening (at on-site Health Fair)	\$50	January 1, 2009 through February 20, 2009	May 15 May 29
	4. Obtain Body Mass Index (BMI) or body fat screening (at on-site Health Fair)	\$50	January 1, 2009 through February 20, 2009	June 12 June 26
	5. Complete any <b>two</b> of the following five-week Online Health Coaching programs: Weight Management, Exercise, Nutrition, Tobacco Cessation, Stress Management, Heart Health and Diabetes Lifestyle	\$50 per program (up to \$100)	January 1, 2009 through May 31, 2009	July 10 July 24 August 7 August 21
	6. Obtain at least <b>one</b> preventive screening. Screenings include: annual physical exam, annual gynecological exam, cervical cancer screening, basic metabolic panel, colonoscopy, mammogram, prenatal obstetrical exam	\$100	July 1, 2008 through June 30, 2009	September 4 September 18 October 2 October 16

# Rewards for Wellness

## incentive details for upcoming programs

1

**Certify Non-Tobacco Use or agree to participate in a Tobacco Cessation program.**

**Submit Affidavit by December 31, 2008 and earn \$100.** Earn \$100 by completing the Affidavit certifying you do not use tobacco products of any kind OR agreeing to participate in a tobacco cessation program within the next six months. To receive the \$100 incentive credit, affidavits must be mailed or faxed to UnitedHealthcare by December 31, 2008. Information on cessation programs is available at [www.getfitri.ri.gov](http://www.getfitri.ri.gov). More details and UnitedHealthcare contact information can be found on the Affidavit included within this brochure.

2

**Complete the Health Assessment by February 20, 2009 and earn \$100.**

Earn \$100 by completing the online Health Assessment at [myuhc.com](http://myuhc.com)® by February 20, 2009. Instructions for logging on to [myuhc.com](http://myuhc.com) and for accessing the health assessment are included within this brochure. The [myuhc.com](http://myuhc.com) Web site allows participants to complete the Health Assessment only once every six months. Therefore, employees that completed the Health Assessment after August 20, 2008 will not need to complete it again during the campaign in order to receive the co-share incentive credit. To be eligible for the co-share credit, employees must complete the Health Assessment between August 20, 2008 and February 20, 2009.

3

**Obtain blood pressure screening at on-site Health Fair by February 20, 2009 and earn \$50.**

Earn \$50 by getting your blood pressure checked at one of the UnitedHealthcare on-site Health Fairs between January 1, 2009 and February 20, 2009. The Health Fair schedule and information on what to do if you are unable to attend a health fair is available on the Get Fit, Rhode Island Web site at [www.getfitri.ri.gov](http://www.getfitri.ri.gov) and in your HR department.

4

**Obtain Body Mass Index (BMI) or body fat screening at on-site Health Fair by February 20, 2009 and earn \$50.**

Earn \$50 by getting your BMI or Body Fat checked at one of the UnitedHealthcare on-site Health Fairs between January 1, 2009 and February 20, 2009. The Health Fair schedule and information on what to do if you are unable to attend a Health Fair is available on the Get Fit, Rhode Island Web site at [www.getfitri.ri.gov](http://www.getfitri.ri.gov) and in your HR department.

5

**Complete two Online Health Coaching programs by May 31, 2009 and earn \$100.**

Once you access the Online Health Coach Web site you will be asked to complete a questionnaire. The Online Health Coach will create program options specifically for you based on your answers. Complete two of the following programs by May 31, 2009 and earn \$50 for each program, maximum \$100. Please note: You may take any two programs, however the Weight Loss program cannot be combined with either the Nutrition or the Exercise program, as their contents are similar.

**Weight Management:** Helps to manage weight through positive behavioral modification

**Exercise:** Includes valuable information on the short and long term benefits of staying fit

**Nutrition:** Fosters awareness of proper nutrition and lifestyle changes to promote better nutrition

**Tobacco Cessation:** Focuses on specific, measurable and attainable goals that lead to tobacco cessation

**Stress Management:** Teaches how to manage stress through a variety of positive behavioral changes

**Heart Health:** Encourages lifestyle changes that may reduce risk factors for heart disease

**Diabetes Lifestyle:** Promotes healthy diet, weight management, exercise and, when applicable, compliance with prescribed medication

# Rewards for Wellness

## incentive details

**Please Note:** Each of the online health coaching programs has five levels. Each level takes about 15 to 20 minutes to complete. The programs give you one week to practice adopting the skills you learned before allowing you to move to the next level. Therefore, each online health coaching program takes five weeks to complete. Eligible employees must complete online coaching programs by May 31, 2009 to receive co-share credit.

Instructions for accessing the Online Health Coaching programs are included within this brochure.



6

**Obtain a preventive care screening by June 30, 2009 and earn \$100.** Earn \$100 for completing one of the following preventive screenings: annual physical exam, annual gynecological exam, cervical cancer screening, basic metabolic panel, colonoscopy, mammogram, or prenatal obstetrical exam. (Screenings received July 1, 2008 through June 30, 2009 are eligible for this co-share credit.)

### Preventive screenings

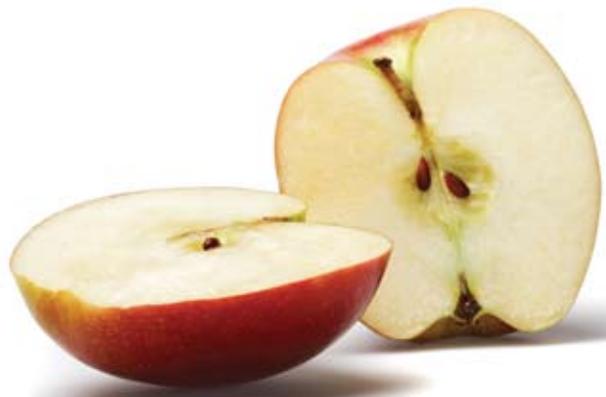
Disease prevention and early detection are important to living a healthier life. Better health can result in lower health care costs. Preventive services include wellness examinations and diagnostic tests such as cancer screening.

The following are preventive care services recommended by the U.S. Preventive Service Task Force (USPSTF) to help you and your family prevent illness or detect and treat it early. Please discuss with your physician the importance of preventive care and types of services you should consider.

With your UnitedHealthcare benefit plan, preventive services are covered at 100 percent.

Eligible screenings include:

- ▶ Annual physical exam
- ▶ Annual gynecological exam
- ▶ Cervical cancer screening (annual pap smear)
- ▶ Basic metabolic panel (blood tests)
- ▶ Colonoscopy
- ▶ Mammogram
- ▶ Prenatal obstetrical exam



# Access instructions to the Health Assessment and Online Health Coaching programs

## Logging on to myuhc.com

1. Go to [www.myuhc.com](http://www.myuhc.com)
2. If you are already registered, log in with your user name and password and proceed to **Accessing the Health Assessment** or **Accessing the Online Health Coaching programs**.
3. If you have never registered on the site, click "Register now."  
Note: Always read and follow any red error message instructions that appear on the login screens as you register.
4. Enter your SSN# and date of birth **or** click below to use your subscriber ID number.
5. You must establish a username and password. Both must be 8-15 characters, with a combination of letters and numbers. No sequential letters or numbers may be used. You may use your name with a number. The password log on requirements are the same; however, you may not use your name in the password. Keep passwords in safe place for future reference.

## Accessing the Health Assessment

1. Log onto [myuhc.com](http://myuhc.com) (follow instructions above).
2. Click on the "Health Assessment" tab on the right side of the home page.
3. Select "I Agree" if you accept the Terms and Conditions.
4. Enter your height, weight and e-mail information. Select "Save".
5. Choose English or Spanish. Select the "Launch University Health Assessment" link in the middle of the page.
6. Complete the Health Assessment and select the "Submit to University of Michigan for Analysis" button at the bottom of questionnaire.
7. Review your personal results profile. Please note, your completed Health Assessment will personalize your online Health & Wellness experience via [myuhc.com](http://myuhc.com).

## Accessing the Online Health Coaching programs

1. Log on to [myuhc.com](http://myuhc.com) (Follow instructions above).
2. Click on the "Health & Wellness" tab located on the far right of the top blue toolbar.
3. On the Health & Wellness Home page, click on the "Online Health Coach" link found under the Personal Health Center tab in the purple section of the top right toolbar.
4. Click "Continue" on the Online Health Coach page.
5. Complete the questionnaire and the Online Health Coach will create a plan specifically for you. If you have taken the Health Assessment some of the answers may be pre-populated and can be updated.
6. Choose the programs you are interested in, click on "Continue," and you're on your way to a healthier lifestyle!



Logging on to myuhc.com



Enter your SSN# and Date of Birth **or** subscriber ID number.



Accessing the Health Assessment



Accessing the Online Coach – "Health & Wellness" tab

**myuhc.com technical support**

**1-877-844-4999**

**8 a.m. – 10 p.m. (EST) Monday – Friday**

**Health and Wellness Technical Support**

**1-866-868-5484**

**prompt #8 for questions regarding Online Health Coach**

**8 a.m. – 11 p.m. (EST) Monday – Friday**

# Rewards for Wellness

## frequently asked questions

**What is the State of Rhode Island Rewards for Wellness Program all about?** The State of Rhode Island Rewards for Wellness program guides you through steps that may proactively improve your health by participating in programs and activities such as nutrition, stress reduction, smoking cessation, health screenings, and preventive care. The program does not impose a one-size-fits-all approach. It allows you to select the programs and activities that are best suited for your needs, while earning rewards along the way.

**What is the maximum incentive that I can earn?** The maximum incentive is \$500 in the form of a co-share health insurance credit.

**How will I receive my incentive rewards?** Your incentives will be credited to your paycheck. Incentives will appear on your paycheck as a credit to your health insurance co-share in \$25 increments.

**Who's eligible to participate?** All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only state employees who are paying the new co-shares for fiscal year 2009 are eligible to receive incentives for co-share credit.

**Is my spouse eligible to participate?** No. Only employees are able to participate in the Rewards for Wellness program.

**What if I don't have internet access?** Ask your agency HR representative if there are computers available. Internet access is also available at public libraries.

**Can I use my work computer?** Use of work computers is acceptable for completing online wellness programs.

**Can I participate in programs on work time?** Participation in wellness programs is acceptable before and after work hours and on lunch and break times.

**Will I receive co-share incentive credit if I complete an activity after the specified time frame?** No. To receive incentive credit, eligible employees must complete activities within the specified time frame.

**Do I have to participate in all activities to receive a co-share incentive credit?** No. You will receive a co-share incentive credit for each activity you complete within the specified time frame.

**Do I have to participate?** Rewards for Wellness is strictly voluntary. Employees are under no obligation to participate.

**Does the incentive apply to me if I am already engaging in healthy activities and behaviors?** Yes. All eligible employees may participate in Rewards for Wellness regardless of their health status. To receive co-share incentive credits, eligible employees must complete activities within the specified time frame.

**If an employee participates in a program, but ends their employment before the co-share credit is paid would he/she still get the co-share credit?** No. Individuals not employed at the time of the co-share credit award payment are not eligible for co-share credit, even if they participated in the program during employment.

**How do I report that I completed a preventive screening?** UnitedHealthcare will use claims data to determine employees that received a preventive screening between July 1, 2008 and June 30, 2009. None of this information will be shared with the State of Rhode Island.

**Will my personal information be protected?**  
Yes. Your personal health information will be protected in accordance with HIPAA. None of your information will be shared with the State of Rhode Island.



### myuhc.com®

Provides personalized tools, information and answers for managing your health care. Log on anytime 24/7 to get important benefit, claims, health information and access to the medical Provider Directory on the internet when it is convenient for you.

### Live and work well

Provides a behavioral health clinicians directory as well as comprehensive health articles, tools and more. Log on to [www.liveandworkwell.com](http://www.liveandworkwell.com).

### NurseLine<sup>SM</sup>

Provides access to a Registered Nurse 24 hours, seven days a week, and access to thousands of topics on the Health Information Library. NurseLine nurses have an average of 15 years clinical nursing experience and are an excellent resource for information that can assist you in managing chronic conditions and more. Think of NurseLine services as your one-stop resource for information that can help you make informed decisions.

The NurseLine number is 1-866-869-6358.

### Healthy Mind, Healthy Body Your personalized health e-newsletter

Healthy Mind, Healthy Body provides wellness information that can be meaningful to you. You have a choice of topic categories, so you can pick the type of articles most relevant to your daily life.

Choose your personalized health e-newsletter today.

- ▶ Go to: [www.uhc.com/myhealthnews](http://www.uhc.com/myhealthnews)
- ▶ Enter your group ID number found on your medical ID card\*
- ▶ Choose how you want to receive the e-newsletter (e-mail, print twice a year or both)
- ▶ Provide contact information
- ▶ Choose five content categories
- ▶ Receive *Healthy Mind, Healthy Body* by e-mail every month

More details and updates on the State of Rhode Island [Rewards for Wellness](http://www.getfitri.ri.gov) incentive program will be posted on [www.getfitri.ri.gov](http://www.getfitri.ri.gov) and in your Human Resources Department.

Please Note: All State of Rhode Island employees are eligible to participate in the [Rewards for Wellness](#) programs and screenings, but only state employees who are paying the new co-shares for fiscal year 2009 are eligible to receive incentives for co-share credit.

\* Group and Subscriber numbers are located on the front of your medical ID card.



Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by UnitedHealthcare Insurance Company, United HealthCare Services, Inc. or their affiliates. UnitedHealth Wellness® is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations. Some UnitedHealth Wellness programs and services may not be included in all medical plans or for all customers and individuals. Program and services are subject to change at any time.

For informational purposes only. The NurseLine<sup>SM</sup> service can not diagnose problems or recommend specific treatment. The information provided through the NurseLine service is not a substitute for your doctor's care.



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