

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 UHC 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 two of the following 5-week Online Health Coaching Programs: Weight Management, Exercise, Nutrition, Tobacco Cessation, Stress Management, Heart Health and Diabetes Lifestyle	Up to \$100 (\$50 each program)	January 1, 2009 through May 31, 2009	July 10 July 24 August 7 August 21
	6. Obtain at least one 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

Remove this calendar from this brochure and use it to keep track of your Rewards for Wellness activities.

