

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 can 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 you need to make better health improvements, 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.

