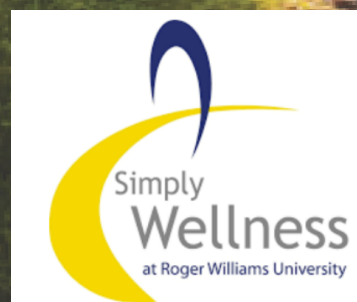




# GET READY TO THRIVE

Roger Williams University  
**Simply Wellness  
Incentive Program**

**July 1st, 2023 - June 30th, 2024**



# RWU Simply Wellness Incentive Program



Powered by Virgin Pulse, Simply Wellness support you to strengthen the mind, body and soul and encourage a healthy lifestyle.

Plus, Faculty & Staff on RWU's medical plans can earn back 4% of the annual individual insurance premium OR 3% of the annual family premium in wellness incentive payouts\*.

\*Must be an active employee at the time of the payout

## Incentive Requirements

Complete the following between:  
**July 1, 2023 and June 30, 2024**

Step	Virgin Pulse Points
Annual Well-Visit or Preventive Screening	5,000
Dental Cleaning/Exam	2,500
Health Check Survey	1,500
Other Virgin Pulse Activities	11,000

**Total Points Required = 20,000**

## Frequently Asked Requirement Questions:

### What is a Well-Visit/Preventive Screening?

A PCP or OBGYN visit coded as a no-cost "preventive visit" or "well-woman" visit, OR a colonoscopy, mammogram, PAP test, PSA test, or diabetes screening.

### How are these visits tracked?

The delta dental and BCBSRI system will automatically upload your credit for the visits in Virgin Pulse once the claim has processed. Contact HR with any concerns.

### How do I track my points?

Tap "Rewards" on Virgin Pulse. Then tap "My Earnings" and go to "View Full Points Summary." See points for each month at the top of the page.

## THRIVE @ Work Annual Well-being Fair



Save the Date! Join us for our signature employee wellness & benefit fair on **October 11th.**

Discover and explore diverse vendors along with complimentary health screenings, **massages**, flu shots, and learn how RWU helps you to prioritize your mental and physical health.



## Earn points for Activities that fit your interests

### Daily Cards

Each day Virgin Pulse sends you two new tips to help you live well, focused on the areas personalized to you.

### Challenges

Rally your coworkers for the latest company step challenge! Or gather a small group and challenge each other to start a new healthy habit.

### Nutrition & Sleep Guides

Choose what you'd like to work on, then get custom tips to help you achieve your goals.

### Health Coaching

Talk to a professional clinician and coach over the phone to get one-on-one support

### Journeys® Courses

Want to exercise more? Better manage a health issue? Self-guided courses help you make simple changes to your health, one small step at a time.

### More Ways to Earn

Earn bonus points each quarter for a healthy in-range biometric result OR a 5% improvement.

Visit the *Virgin Pulse Health Station at the Fitness Center to easily check your blood pressure and BMI.*

**Plus** BCBSRI members can also earn the chance to earn **raffle prizes** by earning points on Virgin Pulse.

The higher level you achieve, the more prizes you could win!





# Do healthy things. Earn Points. Get Rewarded.

Once you've created an account, you can set your goals and interests, establish and maintain a snapshot of your well-being progress, and do other fun stuff, like invite friends, join challenges, and discover healthy tips.

The more you do, the more points you'll earn. Each quarter your points reset, giving you another chance to meet or surpass your healthy living goals.

	Level 1	Level 2	Level 3	Level 4
Points Earned	500	5,000	10,000	15,000

	Sample Activities	Points
Getting started	Complete registration	100
	First login to mobile app	250
	Connect first activity device	200
Daily	Upload steps from your activity tracker (per 1,000 steps)	10
	Do your Daily Cards (2 per day)	20
	Track your Healthy Habits (3 per day)	10
Monthly	Complete 4 coaching appointments	500
	 20-Day Triple Tracker	400
	 Track Healthy Habits 20 days in a month	300
Quarterly	Choose your eating type	250
	Choose your sleep profile	250
	Ideal range or improved Total Cholesterol	100
	Ideal range or improved BMI/Blood Pressure	250 each
	Set a new well-being goal	200
Yearly	Complete the Nicotine-Free Agreement	1,000

Look for **How to Earn** in your account for a **complete list** of all the ways you can earn points.

 = **Bonus points!** Get to Level 4 faster by completing bonus activities like these.

## How to get started

1. Sign up by going to [join.virginpulse.com/bcbsri](https://join.virginpulse.com/bcbsri).
2. Accept the terms and conditions, and choose your email preferences
3. Connect a fitness tracker to get credit for your steps, active minutes, and sleep.
4. Upload a profile picture and add some friends.
5. Set your interests to get personalized daily tips.
6. Download the mobile app. If prompted, choose Blue Cross & Blue Shield of Rhode Island as your sponsor.

## Have questions? We're here to help.

Check out [support.virginpulse.com](https://support.virginpulse.com)

Send us an email:

[support@virginpulse.com](mailto:support@virginpulse.com)

Live chat on

[member.virginpulse.com](https://member.virginpulse.com)

Monday-Friday, 2 am-9 pm ET

Give us a call: **855-914-2478**

Monday-Friday, 8 am-9 pm ET