

# **RWU Simply Wellness Incentive Program**

## **For the Period:**

### **July 1, 2021 to June 30, 2022**

#### **OVERVIEW – RWU Simply Wellness Incentive Program**

The fourth year of the RWU Simply Wellness Incentive Program provides opportunities to get healthy, earn points and turn those points into a cash payment to reduce your premium sharing and prizes!

#### **What's new this year?**

Additional ways to earn! BCBSRI and Virgin Pulse have added digital coaching Journeys to the program offering additional ways to earn points. If you are looking to stop smoking, strengthen your core, stress less, or better manage your diabetes, these Journeys may be for you! Navigate to the “Programs” tab on the website or the mobile app to enroll.

#### **Has the cash credit changed?**

No. The cash credit is based on whether you are enrolled in individual or family coverage through Roger Williams University or Roger Williams School of Law. For employees who complete activities to earn the required points, there is a 4% cash credit if an employee has individual coverage and a 3% cash credit if an employee has family coverage. This credit will be paid to you in a paycheck. Because our Blue Cross premiums increased this year, the amount of the cash credit also increased.

#### **Who is eligible?**

All employees are eligible. Spouses and dependents are not required to participate in the program, though spouses on our BCBSRI coverage do have access to Virgin Pulse and are welcome to use it for their own health & well-being.

#### **When is the program effective?**

**The sixth year of the program is effective July 1, 2021.** All eligible activities for the period July 1, 2021 through June 30, 2022 count towards the program.

#### **Recording Activities:**

To record your wellness activities, you sign up on the Virgin Pulse Wellness Portal, or download the Virgin Pulse mobile app on your smartphone (see page 3 for details).



# 2021-2022 RWU Wellness Incentive Program

Complete the Requirements below between  
July 1, 2021 through June 30, 2022

INCENTIVE REQUIREMENTS (for employees on RWU's medical plan)		
Requirements	How do I complete this step for credit?	Points Earned
Complete online Health Assessment	Complete online between 7/1/2021 and 6/30/2022.	1500
Complete an annual medical well-visit	Complete between 7/1/2021 and 6/30/2022. The Blue Cross system will automatically upload your credit for the visit once the claim has processed.	5000
Complete an annual dental cleaning/exam	Complete between 7/1/2021 and 6/30/2022. The Delta Dental system will automatically upload your credit for the visit once the claim has processed.	2500
Additional Wellness Points	Complete any point-generating activities between 7/1/2021 and 6/30/2022 such as onsite programs for nutrition, weight management, tobacco cessation, stress management; completing daily content cards, tracking steps/physical activity, tracking healthy habits, or participation in challenges.	11,000
<b>Total</b>		<b>20,000</b>

## What is My Reward?

Earn a Cash Payment of either:  
4% of the annual individual insurance premium  
or  
3% of the annual family insurance premium

QUESTIONS ABOUT PROGRAMS ON THE WELLNESS PORTAL AND THE AVAILABLE PROGRAMS?  
QUESTIONS ABOUT HOW TO USE THE PORTAL OR ISSUES WITH THE PORTAL?

CALL VIRGIN PULSE CUSTOMER SUPPORT 888-671-9395 or E-mail [support@virginpulse.com](mailto:support@virginpulse.com)

## Bonus!

**ALL EMPLOYEES** (regardless of medical coverage) can earn raffle prizes through Simply Wellness for participating in the Virgin Pulse game. Every quarter starts a new opportunity to earn raffle tickets. The higher the level you achieve, the more raffle prizes you could win!



## How Does It Work?

- Go to [www.virginpulse.com](http://www.virginpulse.com) and hover your mouse over the “member login” link in the top right-hand corner. Select “Virgin Pulse”. Register, or login if you are an existing user. **Use “Blue Cross & Blue Shield of Rhode Island” as the program sponsor.** Be sure to also download the **Virgin Pulse mobile app (for Android or Apple phones)** for easier access.
- Set your goals and interests.
- Register or connect your activity tracking device or mobile app. Wearing a device is the fastest way to earn points and get rewards!
- Track your healthy activities, like moving more and drinking more water.
- Check in by taking health measurements, like weight and blood pressure.
- Take part in challenges, discover healthy tips, and more!
- Get rewarded for the healthy things you do! The more you do, the more you earn. Then see your points translate into rewards!