

# LIVE HEALTHY, GET REWARDS

Roger Williams University  
**Simply Wellness**  
Incentive Program



Get the Virgin Pulse mobile app or go to [join.virginpulse.com/bcbsri](https://join.virginpulse.com/bcbsri)



# Simply Wellness Incentive Program

The RWU Simply Wellness Program powered by Virgin Pulse helps you learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

## Incentive Requirements:

You must complete the following by June 30, 2023 and remain an active employee at the time of the payout, to earn a cash payment of either:

4% of the annual individual insurance premium OR

3% of the annual family insurance premium, for employees on RWU's medical plan

Annual well-visit	5,000 pts
Virgin Pulse Health Check	1,500 pts
Annual dental cleaning/exam	2,500 pts
Other Virgin Pulse activities	11,000 pts
<b>Total Points Required =</b>	<b>20,000</b>

## EVEN MORE REWARDS:

All employees, regardless of medical plan coverage, can also earn the chance to earn **raffle prizes** by completing additional healthy activities in Virgin Pulse. The higher level you achieve, the more prizes you could win!

## Earn for your health screening results

Earn more for a healthy result, 5% improvement and/or completed corresponding Journeys:

Body Mass Index	Less than 30
Blood Pressure	Less than 140/90
Total Cholesterol	Less than 220
Glucose	Less than 126



## Engage in activities that fit your interests

### Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

### Challenges

Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

### Nutrition Guide

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips to help you achieve your goals.

### Sleep Guide

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

### Journeys®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

### Whil Mindfulness

Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.

### Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

### Coaching

Talk to a professional clinician and coach over the phone to get one-on-one support, expert guidance and help navigating your healthcare questions.







# 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 of improved Total Cholesterol	100
	Ideal or improved BMI/Blood Pressure	250 each
	Set a 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: **888-671-9395**

Monday–Friday, 8 am–9 pm ET