

The City of Providence/Providence Teachers Union Wellness Incentive Program is designed to reward eligible BCBSRI members who adopt and maintain a healthy lifestyle and to assist them in achieving healthy living milestones. Eligible union members who complete designated wellness requirements and activities in 2020 can earn up \$200 per employee (or \$400 for family) in annual wellness incentive payments.

#### **EMPLOYEES**

##### **Requirements:**

- Enroll in Virgin Pulse portal and Drs. Online
- Annual Well Visit
- Annual Dental Exam

+

##### **3 of the 5 Activities:**

- On-line Health Assessment
- Tracking Steps via device/phone
- Vision Exam
- Health screening or physician form
- Nicotine Free Agreement

#### **SPOUSE**

##### **Requirements:**

- Enroll in Virgin Pulse portal and Drs. Online
- Annual Well Visit
- Annual Dental Exam

+

##### **3 of the 5 Activities:**

- On-line Health Assessment
- Tracking Steps via device/phone
- Vision Exam
- Health screenings or physician form
- Nicotine Free Agreement

#### **SINGLE PARENT FAMILY**

##### **Requirements:**

- All Employee Requirements  
**AND**
- 3 of 5 employee Activities  
+

##### **All 3 below Activities:**

- Child Annual Physical
- Child Annual Dental Exam
- Child Annual Vision Exam

## 2019-2020 Wellness Program Details

The City of Providence/Providence Teachers Union Wellness Incentive Program is designed to help you become aware of your personal health and to participate in activities that encourage you to maintain and/or improve your health or live better with an existing medical condition. BCBSRI members who are eligible can earn \$200/employee and \$400/family in wellness incentive payments each year all while moving toward meeting your health goals.

### Wellness Program Plan Year 1 Kickoff

- Your Wellness Plan Incentive Year is July 1, 2019– June 30, 2020. You will receive your wellness incentive payment in your first paycheck in September 2020

### Wellness Program Plan Year 2

- Your Wellness Plan Incentive Year is July 1, 2020 - June 30, 2021. You will receive your wellness incentive payment in your first paycheck in September 2021

### Tracking my Wellness Activities

- Track your wellness activities by enrolling in the Virgin Pulse Wellness portal and selecting Blue Cross and Blue Shield of Rhode Island as your sponsor (see Virgin Pulse User Guide)