



City of Providence/Local Union 1033 2024-2025 Wellness Program
Earn a \$300/\$600 lump-sum incentive payment in 2025!

ATTEND OUR MINI WELLNESS CLINIC AND EARN POINTS!
Wednesday, October 23rd, Roger William Park Casino, 11:30 am to 6:30 pm

The City of Providence Local Union 1033 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 from July 1, 2024 – June 30, 2025 can earn up \$300 per member (or \$600 for member and spouse) in an annual wellness incentive payment. Incentive payments will be made in September 2025.

MEMBERS Requirements:

- Annual Well Visit* (5,000 points)
- Annual Dental Exam (2,500 points)
- Health Assessment (1,500 points)
- Earn an additional 6,000 points (for a total of 15,000)

SPOUSE Requirements:

- Annual Well Visit (5,000 points)
- Annual Dental Exam (2,500 points)
- Health Assessment (1,500 points)
- Earn an additional 6,000 points (for a total of 15,000)

SINGLE PARENT FAMILY Requirements:

- All Employee Requirements **AND**
- Child Annual Well Visit

Members and their covered spouses can earn their additional 6,000 points by completing various activities within Virgin Pulse, such as:

- Connecting a device and receiving points for the steps you take (up to 140 points per day)
- Health Screenings (anywhere from 100-500 points)
- Tracking Healthy Habits such as sleep, mood, workouts, stairs or breakfast (10 points for each, up to 30 points per day)
- Completing Daily Cards which are healthy hints and tips (20 points each card, up to 40 points per day)
- Vision Exam (500 points)
- Nicotine Free Agreement (1,000 points)
- Attend a virtual event – schedule TBD (100 points)
- Participate in an online presentation/webinar (100 points)
- COVID Vaccine (500 points)
- Flu Shot (500 points)
- Virgin Pulse Virtual Session (100 points)

**Members who do not receive an annual well visit between 7/1/2024-6/30/2025 will pay an additional 1% in co-shares for FY26.

The Rhode Island Public Employees' Health Services Fund
410 South Main Street
Providence, Rhode Island 02903



Dear Member;

As we conclude the first quarter of our FY 2025 Local Union 1033 Wellness Incentive period, we write in reminder that every member determines if they want their incentive dollars through their effort and action. Don't leave your Wellness Dollars on the table! City of Providence and Providence School District Local Union 1033 Members participate in our Union's Wellness Works benefit and enjoy the opportunity to participate in quality of life enhancing wellness programs and earn \$300 to \$600 annually. Participation is easy. And you can kick it off by attending our October 23rd Clinic! Spouses are invited too!

There are 4 components to the Wellness plan for 2024-25. The first requirement is an annual well-exam (your annual checkup). Blue Cross & Blue Shield of Rhode Island will track this automatically for you, upload the visit into Virgin Pulse, and award you 5000 points for this step. For spouses who have coverage through their employer, and coverage through the City of Providence as a secondary insurer, they will need to provide their Explanation of Benefits (EOB) or a note from their Doctor's office to receive the credit.

The second requirement is an annual dental exam and cleaning. Delta Dental will automatically track this for you and will send a file feed to Virgin Pulse to award you credit, along with the 2500 points associated with this step.

The third step is completing your annual Health Assessment (1500 points) and you can do this through the Virgin Pulse app or print out the form and ask your doctor to fill it out when you attend your annual visit. **And you can complete this step by attending our mini-Wellness Clinic on Wednesday October 23rd at the Roger William Park casino (2nd Floor) from 11:30 am to 6:30 pm.**

Lastly, you (and your spouse) need to earn an additional 6000 points in Virgin Pulse during the program year of July 1st, 2024 through June 30th, 2025, for a total of 15,000 points. This might sound like a lot but can be earned by easy preventative care steps like getting a Flu shot, tracking your steps for 140 points each day, or scheduling a vision exam for 500 points. See the front side of this postcard for the many and easy opportunities to earn points and put money in your pocket. For more ideas or help with the App, visit the Wellness page at City of Providence Department of People & Culture - City of Providence (providenceri.gov).

To assist Local Union 1033 members get a head start, we shall conduct a mini-Wellness Clinic on Wednesday October 23rd at the Roger William Park casino (2nd Floor) from 11:30 am to 630 pm. At this Clinic you can easily earn over 3,500 points. AND for those needing technical assistance, there will be an App Help Desk (everyone should sync their steps app and Virgin Pulse app and gets daily points for walking around at work). And you will earn points for attending!

Check future notices for free Bus/Van transportation from work to and from the Wellness Clinic. And when you leave, we will give you a healthy Box Lunch!

How do I check my wellness activity status for this past year?

View your statement in the Virgin Pulse app. Click on "Rewards" and then "View Your Full Statement".