



# GET READY TO THRIVE

## RWU Simply Wellness Incentive Program

July 1, 2024 - June 30, 2025

### Motivation to Lead a Healthier Life

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

**Faculty & Staff on RWU's medical plans:**  
**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

**Complete the Following July 1, 2024 - June 30, 2025\***

Requirement	Point Value
Annual Well-Visit or Preventive Screening	5,000
Dental Cleaning	2,500
Health Check Survey	1,500
Additional Activities	11,000
<b>Total Points</b>	<b>20,000</b>

### Get Started Now:

#### Get set up in Personify Health (formerly Virgin Pulse)



Register and get started on the mobile app or on desktop. Compete in challenges, register for webinars, take your health check, track your progress and get personalized health tips.

#### Complete program requirements for a Wellness Incentive Payout:

Complete the 4 requirements on the left between **7/1/24 - 6/30/25** to be eligible.



#### Track points & activities:

Personify Health automatically tracks points when you complete activities. Tap Rewards and click on My Earning to view your Full Points Summary, month by month.



#### THRIVE @ Work Annual Well-being Fair

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

Register or sign in at [join.personifyhealth.com/bcsri](https://join.personifyhealth.com/bcsri)

# Personify Health ACTIVITIES

250  
points

## Journeys

Get online guided health coaching with Journey programs. Get tips to help you meet your goals, whether it's to prevent burnout, save money, quit smoking, or snack better.

500  
points

## Preventive Care

Got a diabetes screening, PAP test, colonoscopy, mammogram, or PSA test? You'll automatically earn 500 points on Personify Health once BCBSRI processes your claim.

5000  
points

## Annual Well-Visit/Physical

Get your annual PCP physical and you'll automatically earn 5,000 points on Personify Health once BCBSRI processes your claim.

250  
points

## Flu Shot

Get your annual flu shot and you'll automatically earn 250 points on Personify Health once BCBSRI processes your claim.

100  
points

## Mindful Mondays

Practice mindfulness with Mindful Mondays, every 4th Monday of the month at 12:30pm to reduce stress & build resilience. Recordings available in the benefits tab.

200  
points

## Wellbeing Webinar

Attend or view a recording of a Wellness Wednesday wellbeing webinar on a wide range of topics, every 2nd Wednesday of the month at noon. Register on Personify Health or view in the benefits tab.

Various  
points

## Wellbeing Events

Participate in a wellbeing event, such as a community 5K walk or onsite event and receive a Personify Health points voucher.

1500  
points

## Health Check

Complete your health assessment in Personify Health to learn more about your wellbeing and get tailored recommendations.

500  
points

## Biometric Screening

Participate in an annual biometric screening onsite to check your blood pressure, cholesterol, and blood sugar and earn 500 points.

140  
points

## Track your Fitness

Sync your device to Virgin Pulse to automatically track or manually enter your steps and workouts and earn a maximum of 140 points a day.

200  
points

## Daily Cards

Read your daily cards 20 times in a month and earn an additional 200 points

100  
points

## Wellbeing Challenge

Participate in our company wide wellbeing step challenges or create peer-to-peer challenges among coworkers.

## FAQ's:

### 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.

The delta dental and BCBSRI system will automatically upload your credit for the visits in Personify Health once the claim has processed.

### How do I track my points?

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

**\*Note** -the Personify Health system displays points on a calendar year basis per quarter. Simply Wellness runs on the 7/1 - 6/30 Fiscal Year.

**Plus** BCBSRI members can also earn the chance to earn **PRIZE DRAWINGS** by earning points on Personify Health. **The higher level you achieve, the more prizes you could win!**

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

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

Send an email: [support@personifyhealth.com](mailto:support@personifyhealth.com)

Live chat on [member.personifyhealth.com](https://member.personifyhealth.com) Mon-Friday, 2 am-9 pm **Give us a call 855-914-2478 Monday-Friday, 8am-9pm**