



**City of Providence/Providence Teachers Union
2020-2021 Wellness Program
Earn a \$200/\$400 lump-sum incentive payment in 2021!**



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 from July 1, 2020 – June 30, 2021 can earn up \$200 per employee (or \$400 for family) in an annual wellness incentive payment. Incentive payments will be made in September 2021.

EMPLOYEES

Requirements:

- Enroll in Virgin Pulse portal
- Annual Well Visit (5,000 points)
- Annual Dental Exam (2,500 points)
- Earn 7,500 additional points (for a total of 15,000)

SPOUSE

Requirements:

- Enroll in Virgin Pulse portal
- Annual Well Visit (5,000 points)
- Annual Dental Exam (2,500 points)
- Earn 7,500 additional points (for a total of 15,000)

SINGLE PARENT FAMILY

Requirements:

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

Employees and their covered spouses can earn their additional 7,500 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)
- Health Assessment (1,500 points)
- Nicotine Free Agreement (1,000 points)
- Attend a Stop by event – schedule TBD (100 points)
- Participate in an online presentation/webinar (100 points)