



City of Providence/Local Union 1033

2023-2024 Wellness Program

Earn a \$300/\$600 lump-sum incentive payment in 2024!



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, 2023 – June 30, 2024 can earn up to \$300 per member (or \$600 for member and spouse) in an annual wellness incentive payment. Incentive payments will be made in September 2024.

MEMBERS

Requirements:

- Annual Well Visit* (5,000 points)
- Annual Dental Exam (2,500 points)
- Health Check(formerly the Health Assessment (1,500 points)
- Earn an additional 6,000 points

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 7/1/2023-6/30/2024 will pay an additional 1% in co-shares for FY25.

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