



## City of Providence/Non-Union 2023-2024 Wellness Program

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

The City of Providence 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 members who complete designated wellness requirements and activities from July 1, 2023 – June 30, 2024 can earn up to \$300 per employee (or \$600 for employee and spouse) in an annual wellness incentive payment. Incentive payments will be made in September 2024.

### EMPLOYEES

#### Requirements:

- Annual Well Visit\* (5,000 points)
- Annual Dental Exam (2,500 points)
- Health Check (formerly the Health Assessment, worth 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 Check (formerly the Health Assessment, worth 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

Employees 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 Stop by event – schedule TBD (100 points)
- Participate in an online presentation/webinar (100 points)

\*Employees who do not receive an annual well visit between 7/1/2023-6/30/2024 will pay an additional \$300 in co-shares for FY24.