



MEMORANDUM

TO: All Municipal Non-Uniform Employees receiving Health Care Coverage through the City of Warwick

**RE: WELLNESS INCENTIVE PROGRAM CONTINUATION
\$300 (individual) or \$500 (family)**

The City of Warwick and Council 94, Local 1651, in conjunction with Blue Cross & Blue Shield of Rhode Island (BCBSRI) are proud to announce the continuation of a wellness program that provides our employees with the tools needed to take action, make informed health decisions, and provides **cash rewards for participation**.

Please take advantage of this valuable opportunity and start, or continue to make positive lifestyle changes. We strongly encourage you to maximize your health benefit package by engaging in the programs and services offered. With today's busy lives and hectic schedules, many of us unfortunately pay too little attention to our health. These wellness programs are being offered as an added benefit to you.

By completing some of the same easy steps as last year, such as seeing your primary care physician for an annual physical, you can earn up to **\$300 (individual) or \$500 (family)**. The time period to receive incentive credits for the Annual Well Visit, Annual Dental Cleaning/Exam, Routine Eye Exam, Gym membership reimbursement, Age & Gender Preventative Screenings, and the Onsite Screenings/Vaccinations from Pat Seltzer, RN will run the calendar year. Therefore, anyone that completes these steps between January 1, 2017 and December 31, 2017 will receive incentive credits. The time period to receive incentive credits for the remaining wellness steps (Health Assessment, 5K program, and Online Self-directed programming or Financial Wellness Seminar) is April 17, 2017 through December 31, 2017. Health Coaching is available from April 17, 2017 to September 30, 2017. Wellness incentives earned in 2017 will be paid in April 2018.

Personnel Department

City of Warwick – 2017 Wellness Incentives

Wellness Steps*	Council 94 Member	Spouse (if applicable)	Details
Annual Well Visit	\$150	\$75	Step must be completed by 12/31/17
Annual Dental Cleaning/Exam	\$100	\$75	Step must be completed by 12/31/17
Age & Gender Preventative Screenings (Mammogram/Colorectal/PSA)	\$25	\$25	Step must be completed by 12/31/17
Complete Health Assessment @ www.gotowellnessworks.com	\$100	\$75	Step must be completed by 12/31/17
Health Coaching (minimum of 3 calls for stress, smoking, nutrition, weight management, self-care)	\$25	\$25	Step must be completed by 9/30/17
Online Healthy Workshop	\$25	\$25	Step must be completed by 12/31/17
Routine Eye Exam	\$25	\$25	Step must be completed by 12/31/17
Gym Membership reimbursement: a. Health Trax P.R.E.P. program (Milon system) b. Other gym membership (must show documentation of usage; avg 2X's a week/ quarter)	\$50	\$25	Step must be completed by 12/31/17



Participate in a 5K (must show documentation)	\$50	-	Step must be completed by 12/31/17
-BP, BMI, Glucose screening or -Flu or Shingles Vaccination or -Lifestyle Counseling with Pat Seltzer, RN or -FREE Financial Wellness Seminar(time/date TBD)*	\$50	-	Step must be completed by 12/31/17

***Total incentive amount will not exceed \$300 for an individual plan or \$500 for a family plan**

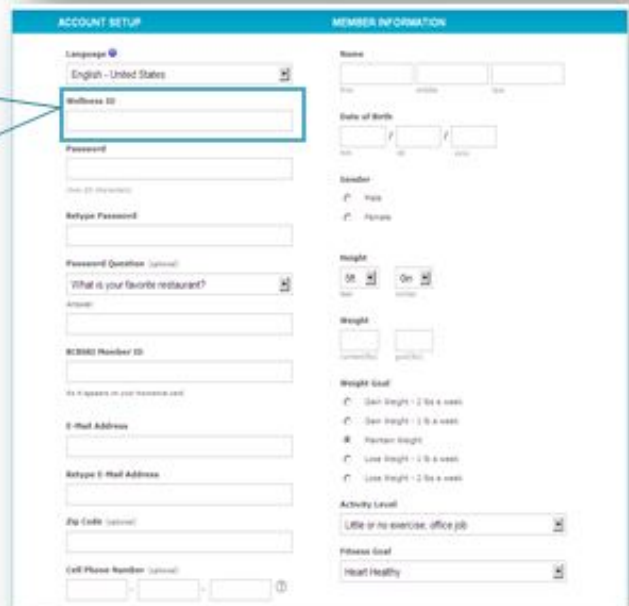
How to Access the Wellness Portal

www.gotowellnessworks.com

The first time you use the wellness portal, you will be prompted to the “Sign-Up Now” page to complete the Account Setup and Member Information sections.

1. Click on 
2. Complete Account Setup and Member Information sections.
 - **Employees** - Your Wellness ID is your employer code (COWWAR) + 9 numbers on BCBSRI member ID (Example: COWWAR123456789).
 - **Spouse/Partner** - Your Wellness ID is your employer code (COWWAR) 9 numbers on BCBSRI member ID + s (Example: COWWAR123456789S).
3. Read the Terms of Use and click “accept”.
4. Then click  at the bottom of the page.

Please note: Upon future log-ins, you will proceed directly from www.gotowellnessworks.com to the wellness portal.



City of Warwick Wellness ID
 Employer Code: COWWAR
 Employee ID: 9 numbers on BCBSRI member ID
 Example: COWWAR123456789 (Do not include WRK)