



## INTRODUCING HEALTH MATTERS WELLNESS PROGRAM WITH THE RHODE ISLAND INTERLOCAL TRUST

TO: City of Warwick Uniform Police & Uniform Fire Employees Enrolled in City Healthcare Plan

**The City of Warwick and The Rhode Island Interlocal Trust are pleased to announce the Health Matters Wellness Program.**

The mission of the Health Matters Wellness Program is to provide a work environment that embodies and encourages health and safety in the workplace and beyond.

Health Matters programs will motivate and inspire you to make healthy lifestyle choices from a whole body, physical, emotional and safety perspective. Programming is FREE and typically includes a mix of classes, educational sessions, health awareness campaigns, safety awareness trainings and workplace challenges.

In addition to programming, we want to reward your commitment to a healthier lifestyle by providing incentives that recognize your efforts. The **Be Your Best Incentive Program** allows you to earn points for incorporating healthy activities into your lifestyle that you can then redeem for prizes. Not only can you earn points for participating in Health Matters programs, but you can also earn points for other healthy behaviors such as reaching 10,000 steps each day, sleeping the recommended 8 hours a day and achieving at least 150 active minutes each week. The more points you earn, the better the prize! See attached **Be Your Best** flyer for more details.

**How to register.** The Health Matters Wellness Portal [www.ritrust.com](http://www.ritrust.com) is THE place to go for all things Health Matters. Check out the program calendar, reserve a spot in classes and events, participate in challenges, track your activities, sync your wearable device, take advantage of online health coaching programs, track and redeem your incentive points, and so much more. You will also have access to an easy-to-use mobile app that provides the same functionality as the website. See the attached flyer for more information and make sure you register ASAP to start taking advantage of all the Health Matters options for a healthier life.

This valuable opportunity to 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.

**The Health Matters Wellness Program is in addition to the City of Warwick Wellness Bonus Incentive Plan and the Blue Cross/Virgin Pulse App.** If you are currently registered and using the Virgin Pulse App you may continue to do so.


**If you have questions contact:** the Personnel Department at 921-9672 or email [betty.a.green@warwickri.com](mailto:betty.a.green@warwickri.com).

# WELLNESS PORTAL

YOUR ONE STOP SHOP FOR ALL THINGS WELLNESS


[www.ritrust.com](http://www.ritrust.com)

## Classes & Events




A calendar of upcoming Health Matters events that allows you reserve your spot so you don't miss out.

## Wellness Challenges




Participate in fun, self-directed wellness challenges. Log in each day to track your progress or compete against your coworkers.

## Tracker




Track your activity, health values, nutrition stats, and more. Log the values manually or sync with your wearable device.

## Health Assessment




An online questionnaire that provides a snapshot of your current health status and identifies your risk for disease.

## Plan for Wellness




Based on the results of your Health Assessment, receive a personalized plan for wellness, designed to address and lower any identified health risks.

## Injury Prevention




Job specific exercises that can help prevent pain and injury as well as strengthen areas needed to improve performance.

## Self Help Works



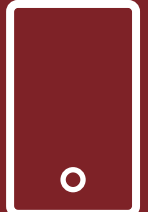
Online health coaching programs designed to help you make healthy lifestyle changes.

## Health Content Library



A comprehensive repository of health education topics to inspire, engage, and lead you to better health.

## Mobile App



Access the portal via your mobile device by downloading the **Alaveda** app, in GooglePlay or the App Store.

# BE YOUR BEST INCENTIVE PROGRAM 2021-2022

EARN POINTS FOR  
INCORPORATING HEALTHY  
ACTIVITIES INTO YOUR  
LIFESTYLE THAT YOU CAN  
THEN REDEEM FOR PRIZES!

Health Matters wants to reward your commitment to a healthier lifestyle by providing incentives that recognize your efforts. From July 1, 2021- June 30, 2022, you can earn points for participating in the below activities. The more you participate, the more points you earn. The more points you earn, the better the prize.

*Incentives will be tracked and redeemed in the Health Matters Portal\**

<b>Meditate 10 minutes or more a day</b>	<b>1 point per day</b>
<b>10,000 Steps per day**</b>	<b>5 points per day</b>
<b>Sleep 8 hours or more per day**</b>	<b>5 points per day</b>
<b>Participate in Health Matters Classes</b>	<b>10 points per class</b>
<b>Successfully complete Portal Challenge</b>	<b>10 points per challenge</b>
<b>150 Active minutes per week**</b>	<b>10 points per week</b>
<b>Complete Health Assessment in Portal</b>	<b>50 points</b>

**\*\* REQUIRES LINKED FITNESS TRACKER!** Points for these activities can only be earned if they are tracked in the portal via a synced fitness tracker. Manual entry will not earn points toward incentives.

## REDEEM YOUR POINTS

Click the Redeem Your Incentives  
tile in the Health Matters Portal

You will be able to redeem your  
points twice per year during open  
redemption periods below:

**December 15, 2021 –  
January 15, 2022**

**June 15, 2022 – July 15, 2022**

### TIER 1: 500-999 POINTS

CamelBak Chute 25oz Water Bottle  
Digital Food Scale  
Foam Roller

### TIER 2: 1000-1999 POINTS

Immersion Blender  
Smart Scale  
Yeti 18oz Rambler

### TIER 3: 2000-3999 POINTS

North Face Fall Line Backpack  
Lodge 6qt. Enameled Dutch Oven  
Swivel Cheese/Charcuterie Board

### TIER 4: 4000+ POINTS

Igloo Latitude 90 Qt Rolling Cooler  
Adjustable Dumbbell Set  
Nutribullet










\*Note: You cannot redeem from the same point tier more than one time in the same policy year (July 1-June 30). Also, brands, colors and availability of some items may vary and/or be limited so you will be required to list your prize choices in order of preference at time of redemption.



# AUGUST 2021



## VIRTUAL CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <i>Enjoy mindfulness outdoors - yoga on the beach, reiki in the park</i>	<b>3</b> 5:15pm Cardio Circuit	<b>4</b>  <i>Visit your local farmers market - post your favorite finds!</i>	<b>5</b> 7:00am Sunrise Strength 5:00pm Pilates Flow	<b>6</b>
<b>9</b>	<b>10</b> 5:15pm Cardio Circuit	<b>11</b>  <i>It's the season for tomatoes - time to harvest!</i>	<b>12</b> 7:00am Sunrise Strength 5:00pm Pilates Flow	<b>13</b>  <i>Taking a bike ride? Post your adventure</i>
<b>16</b>  <i>Practice sun safety! What's your SPF?</i>	<b>17</b> 5:15pm Cardio Circuit	<b>18</b>  <i>"Glamping" or "camping?" Show us your tent, cabin or RV!</i>	<b>19</b> 7:00am Sunrise Strength 5:00pm Pilates Flow	<b>20</b>
<b>23</b>	<b>24</b> 5:15pm Cardio Circuit	<b>25</b>  <i>Share your favorite water activity</i>	<b>26</b> 7:00am Sunrise Strength	<b>27</b>  <i>Share your favorite spot to meditate or find calm</i>
<b>30</b>  <i>Cozy up by the fire pit to share smores with family or friends</i>	<b>31</b> 5:15pm Cardio Circuit			

Space is limited and you must register in advance to reserve your spot on the Health Matters Portal ([www.ritrust.com](http://www.ritrust.com)) by 3pm the day before each class. For morning classes, the zoom link will be emailed to those registered the day before class. For afternoon/evening classes, the zoom link will be emailed to those registered on the day of class. If class is full, you do have the option to join a waiting list and will receive a notification if a spot becomes available.

### CLASS DESCRIPTIONS

#### Cardio Circuit

*Instructor: Holly Gish*

Work your way through this 50 minute circuit-style class featuring a variety of upper body, lower body and core exercises, mixed in with cardio moves. This is an efficient way to work out and enhances one's cardiovascular fitness and muscular endurance. This is an all levels class.

#### Pilates Flow

*Instructor: Amy Aleksiewicz*

Build core strength, stability, muscle control, and endurance in just 45 minutes! These low-impact exercises stress proper posture, movement patterns, balanced flexibility and strength. An exercise mat is recommended and modifications will be offered.

#### Sunrise Strength

*Instructor: Kara Wickman*

Start your mornings off on the right foot with a 30 minute full body strength training workout. After a brief warm up, you will move through sets of exercises targeting all muscles from the shoulder down to the calf. This class features body weight moves however you have the option of using hand weights to boost your workout, if desired.

#### Healthy Summer Selfie Social Circle

The dog days of summer are here so let's enjoy every last minute! Noted above are this month's selfie opportunities. Post a photo of yourself partaking in one or more of these activities on the Healthy Summer Selfie Social Circle in the Health Matters Portal to be entered into a monthly raffle. The more photos you submit, the better your chances of winning.

# HYDRATE CHALLENGE



**THE GOAL OF THIS 30  
DAY CHALLENGE IS TO  
DRINK AT LEAST 64oz  
OF WATER EACH DAY.**

**Staying hydrated has a huge impact on overall health. Despite how crucial water is, a significant number of people fail to consume the recommended levels of fluids each day.**



## **THE CHALLENGE STARTS ON SEPTEMBER 1, 2021**

You must track/log your water intake in the portal every day for 30 days to successfully complete the challenge and earn points toward your incentive.

To participate, you must register by September 1, 2021 in the Health Matters Wellness Portal at [www.ritrust.com](http://www.ritrust.com). Late registrations will NOT be accepted.

RHODE ISLAND INTERLOCAL

