



## **CITY OF WARWICK WELLNESS BONUS DOLLARS INCENTIVE PLAN**

**To be eligible for the Bonus Dollars Incentive Plan you must be an active employee enrolled in a City healthcare plan.**

**(Uniform Police & Fire employees are not eligible to earn bonus dollars)**

**Eligible members can earn bonus dollars up to \$300 if enrolled in an individual healthcare plan or up to \$500 if enrolled in a family healthcare plan.**

Bonus Incentive dollars are earned during the calendar year. Anyone completing the steps between **January 1, 2021 and December 31, 2021** will receive Bonus Incentive Dollars that are paid out in April 2022.

Never before have City employees been able to utilize the vast amount of wellness information and programs that are offered this year. In addition to getting your annual physical, dental cleanings, cancer screenings and other ways to take care of your health as noted in the **City of Warwick Wellness Bonus Dollars Incentive Plan chart** below, we urge you also participate in the Health Matters Wellness Program with the Rhode Island Interlocal Trust. This is a separate program in which you can earn incentive points and redeem them for prizes. Please review the enclosed information regarding the Trust Health Matters Wellness Program.

You may also continue to utilize the VirginPulse App through your phone or online and track your daily activity, read cards and participate in challenges.

We are excited by the many different ways in which you can take charge of your health and encourage you to participate. For further questions about the Wellness Programs please contact the Personnel Department by calling 401-921-9672 or emailing [betty.a.green@warwickri.com](mailto:betty.a.green@warwickri.com).

Personnel Department



## City of Warwick Wellness Bonus Incentive Plan Chart Calendar Year 2021

**ALL WELLNESS ACTIONS MUST BE COMPLETED BY DECEMBER 31, 2021**

Wellness Actions	Dollars Earned for Covered Member	Dollars Earned for Covered Spouse (if applicable)
Annual Well Visit or Age & Gender Preventive Screenings	\$175	\$100
Annual Dental Cleaning/Exam	\$100	\$75
Complete Health Assessment	\$100	\$75
Routine Eye Exam	\$25	\$25
Complete Self Help Works session on Health Matters Wellness Portal (Manage diabetes, quit smoking, lose weight, reduce stress and others)	\$25	\$25
Connect a wearable fitness device	\$50	\$25
Biometric screening or Lifestyle Counseling with City Nurse @ City Health Clinic	\$25	\$25
Receive a flu/shingles vaccination @ City Clinic	\$50	\$50
Complete Classes & Events from Health Matters calendar \$25 per class up to \$75 max * in this category	\$25*	\$25*
Gym membership (must show documentation of usage; average two times per week per quarter)	\$25	\$25

# Getting started with Virgin Pulse®

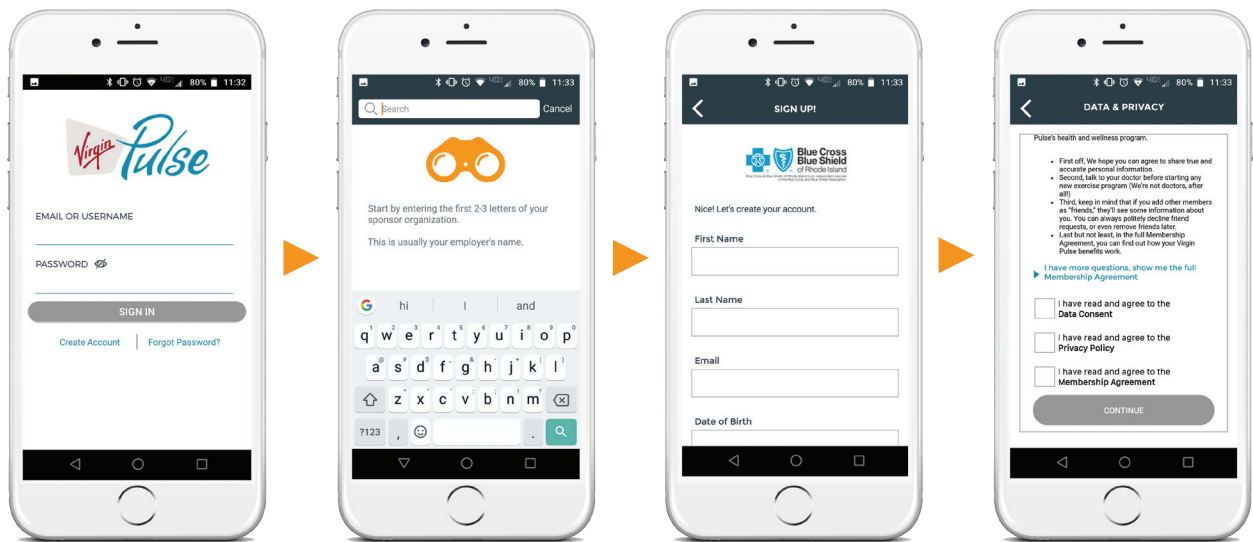
## Member FAQ

Learn how to register with Virgin Pulse and use it to maximize your wellness program.



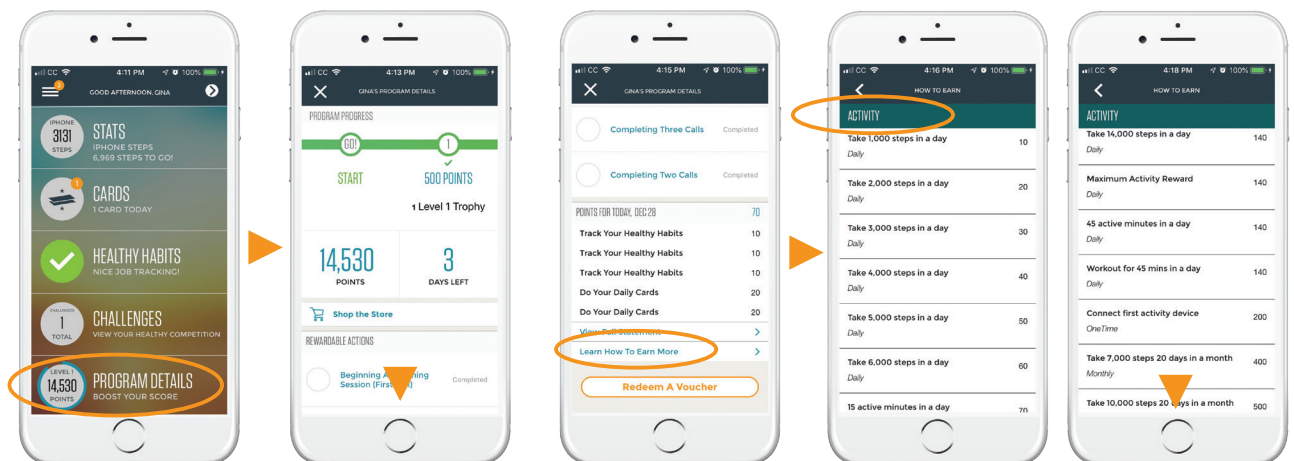
### How do I register with Virgin Pulse?

Go to [join.VirginPulse.com](http://join.VirginPulse.com) or download the free Virgin Pulse app\* and choose Blue Cross & Blue Shield of Rhode Island (BCBSRI) as your sponsor. You will be asked to read and consent to the data privacy terms as well as fill in some basic information such as your name and date of birth.



### What types of activities can I do to earn rewards?

The most common ways to earn points include tracking steps, accumulating active minutes, going to your annual well-visit, and completing a health assessment. There are multiple options regardless of your fitness level or abilities. For a full list of activities and point levels, open your Virgin Pulse app in the “Program Details” screen, navigate to the bottom, and tap “Learn How to Earn More”.







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

TO: City of Warwick Municipal 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.



# OCTOBER 2021

## VIRTUAL CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>SLEEPY TIME CHALLENGE</b>  Starts TODAY!
4	5 5:30pm Cardio Kick & Burn	6	7 5:30pm Relaxing Vinyasa Flow	8
11	12 5:30pm Cardio Kick & Burn	13	14 5:30pm Relaxing Vinyasa Flow	15
18	19 5:30pm Cardio Kick & Burn	20	21 5:30pm Relaxing Vinyasa Flow	22
25	26 7:00pm Sleep Meditation	27	28 5:30pm Relaxing Vinyasa Flow	29

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. 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 Kick & Burn**

*Instructor: Mary Ann Escobar*

This 45 minute class combines kickboxing, strength and cardio. It's a total body workout that will work all major muscle groups and get you in that calorie burn zone. This class is for all levels and modifications will be provided.

#### **Relaxing Vinyasa Flow**

*Instructor: Eloise Tamer*

Wind down your day with this 45 minute, all levels Vinyasa practice that is appropriate for every body. Modifications and variations of the poses will be modeled and cued to accommodate everyone, from beginners to the seasoned practitioner.

#### **Sleep Meditation**

*Instructor: Alyssa Guastella*

Put on your pajama's, grab some chamomile tea and prepare to relax your body and your mind with a soothing 25 minute meditation designed to promote restful sleep. This practice will help to reduce the stress hormone cortisol, and naturally increase melatonin levels. No experience with meditation? No problem! This practice is designed for all levels. All participants will be entered into a drawing for a Health Matters Sleep Kit.