



GET READY TO THRIVE

RWU Simply Wellness Incentive Program

July 1, 2024 - June 30, 2025

Motivation to Lead a Healthier Life

Powered by Virgin Pulse, the Simply Wellness support you to strengthen the mind, body and soul and encourage a healthy lifestyle.

Faculty & Staff on RWU's medical plans:
Earn back 4% of the annual individual insurance premium OR 3% of the annual family premium in wellness incentive payouts*

*Must be an active employee at the time of the payout

Complete the Following
July 1, 2024 - June 30, 2025*

Requirement	Point Value
Annual Well-Visit or Preventive Screening	5,000
Dental Cleaning	2,500
Health Check Survey	1,500
Additional Virgin Pulse Activities	11,000
Total Points	20,000

Get Started Now:

Get set up in Virgin Pulse:



Register for Virgin Pulse, and get started on the mobile app or on desktop. Use Virgin Pulse's to compete in challenges, register for webinars, take your health check, track your progress and get personalized health tips.

Complete program requirements for a Wellness Incentive Payout:



Complete the 4 requirements on the left between **7/1/24 - 6/30/25** to be eligible.

Track points & activities:



Virgin Pulse automatically tracks points when you complete activities. Tap Rewards and click on My Earning to view your Full Points Summary, month by month.

THRIVE @ Work Annual Well-being Fair



Save the Date! Join us for our signature employee wellness & benefit fair on **October 16th.**

Register or sign in at join.virginpulse.com/bcbsri

VIRGIN PULSE ACTIVITIES

250
points

Journeys

Get online guided health coaching with Virgin Pulse's Journey programs. Get tips to help you meet your goals, whether it's to prevent burnout, save money, quit smoking, or snack better.

500
points

Preventive Care

Got a diabetes screening, PAP test, colonoscopy, mammogram, or PSA test? You'll automatically earn 500 points on Virgin Pulse once BCBSRI processes your claim.

5000
points

Annual Well-Visit/Physical

Get your annual PCP physical and you'll automatically earn 5,000 points on Virgin Pulse once BCBSRI processes your claim.

250
points

Flu Shot

Get your annual flu shot and you'll automatically earn 250 points on Virgin Pulse once BCBSRI processes your claim.

100
points

Mindful Mondays

Practice mindfulness with Mindful Mondays, every 4th Monday of the month at 12:30pm, beginning January 2024, to help reduce stress, build resilience and help improve sleep. Recordings available in the benefits tab.

200
points

Wellbeing Webinar

Attend or view a recording of a Wellness Wednesday wellbeing webinar on a wide range of topics, every 2nd Wednesday of the month at noon. Register on Virgin Pulse or view in the benefits tab.

Various
points

Wellbeing Events

Participate in a wellbeing event, such as a community 5K walk or onsite event and receive a Virgin Pulse points voucher.

1500
points

Health Check

Complete your health assessment in Virgin Pulse to learn more about your wellbeing and get tailored recommendations.

500
points

Biometric Screening

Participate in an annual biometric screening onsite to check your blood pressure, cholesterol, and blood sugar and earn 500 points.

140
points

Track your Fitness

Sync your device to Virgin Pulse to automatically track or manually enter your steps and workouts and earn a maximum of 140 points a day.

200
points

Daily Cards

Read your daily cards 20 times in a month and earn an additional 200 points

100
points

Wellbeing Challenge

Participate in our company wide wellbeing step challenges or create peer-to-peer challenges among coworkers.

More Ways to Earn

Earn bonus points for a healthy biometric result OR a 5% improvement.

Visit the Virgin Pulse Health Station at the Fitness Center to check your blood pressure and BMI.

Plus BCBSRI members can also earn the chance to earn **PRIZE DRAWINGS** by earning points on Virgin Pulse. **The higher level you achieve, the more prizes you could win!**

Have questions? We're here to help.

Check out support.virginpulse.com

Send an email: support@virginpulse.com

Live chat on member.virginpulse.com Mon-Friday, 2 am-9 pm

Give us a call 855-914-2478 Monday-Friday, 8 am-9 pm

FAQ's:

What is a Well-Visit/Preventive Screening?

A PCP or OBGYN visit coded as a no-cost "preventive visit" or "well-woman" visit, OR a colonoscopy, mammogram, PAP test, PSA test, or diabetes screening.

The delta dental and BCBSRI system will automatically upload your credit for the visits in Virgin Pulse once the claim has processed.

How do I track my points?

Tap "Rewards" on Virgin Pulse. Then tap "My Earnings" and go to "View Full Points Summary." See points for each month at the top of the page.

***Note** -the Virgin Pulse system displays points on a calendar year basis per quarter. Simply Wellness runs on the 7/1-6/30 Fiscal Year.