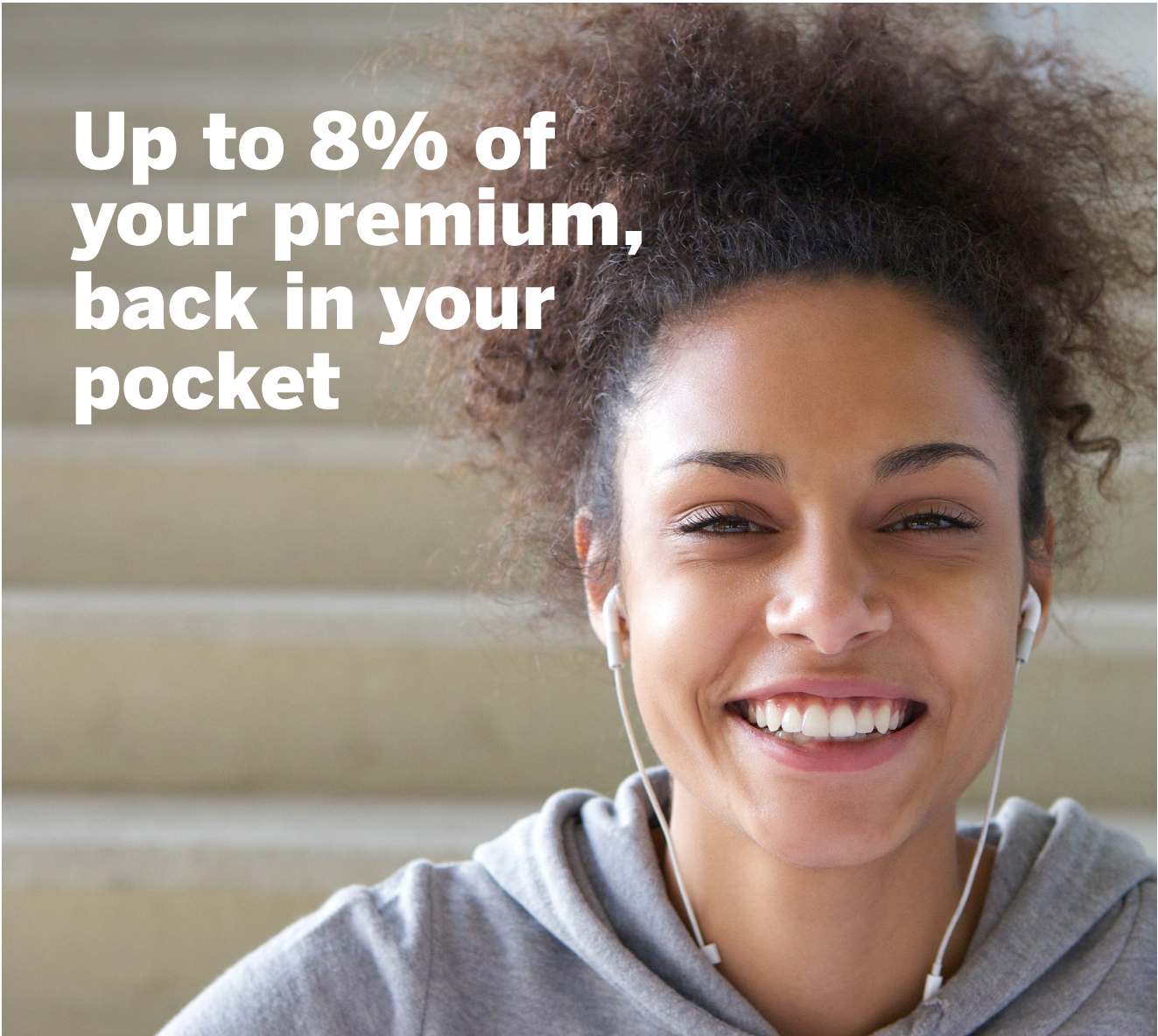




**Up to 8% of
your premium,
back in your
pocket**

WELLNESS PREMIUM REWARD

**An innovative program for businesses
with fewer than 50 employees**

**IT'S WHAT
WE LIVE FOR™**



**Blue Cross
Blue Shield**
of Rhode Island

What is it?

Our **Wellness Premium Reward Program** gives you back a portion of your premium dollars—**up to 8%** of your total annual medical premium—as a reward for encouraging your employees to take healthy steps.

What can Wellness Premium Reward do for you?

Focusing on health and well-being—physical, mental, and emotional—encourages healthier, more engaged, and productive employees.

And that can lead to fewer employee sick days, fewer injuries, and greater productivity—all of which can help you lower healthcare costs while you boost your bottom line.

Wellness Premium Reward is included with your health plan—at no additional cost to you.

How much can you and your employees earn?

Receive a percentage of your total annual medical premium based on your eligible employees' registration and their average point accumulation in Virgin Pulse.

Employer earnings

	1%	2%	4%	8%
ANNUAL PAYOUT				
ANNUAL GROUP AVERAGE POINTS	50 – 19,999*	20,000 – 39,999	40,000 – 59,999	60,000 +
	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4

Employee earnings

	\$5	\$15	\$25	\$50
QUARTERLY PAYOUT				
QUARTERLY POINTS	500	5,000	10,000	15,000 +

*For this level only, at least 50% of employees must register for the BCBSRI Wellness Program.

Up to **\$200**/Annually

Monthly status reports keep you informed

Check on your reward status, points accumulation, and employee participation rates through the employer portal at bcbstri.com.

Log in to your account:

- Click on **“Reports”**
- Select **“Monthly Statements”**
- Choose **“Wellness Premium Rewards”**

How do you do it?

Encourage your employees to earn points using the Virgin Pulse app. Earning points is the key to your employees' success, which translates to your reward. They can earn up to **\$200/year** by completing and tracking well-being challenges and activities and reaching the highest point level in Virgin Pulse.

Here are some great tips you can give your employees to get them started tracking their healthy activities and earning points:

- 1 Sign up** – Go to join.VirginPulse.com or download the app to get started.
- 2 Connect a Fitbit®** or other wearable device to track and sync steps on the web or on a mobile device.



Points for common healthy activities:

Activity	Points
Annual well visit	5,000/annually
Online health assessment	1,500/annually
Steps	10/1,000 steps
Healthy habits	30/day
Informational cards	40/day
Connect activity tracker	200 (one time)
30 active minutes/day	100/day
45 active minutes/day	140/day



See a full list of activities and point values after logging in to **VirginPulse.com**.
Available activities and point values subject to change.

**If you have any questions about how to boost your bottom line
and build a healthier workplace at the same time,
contact your BCBSRI account rep today!**

Virgin Pulse® is an independent wellness company, contracted by Blue Cross & Blue Shield of Rhode Island (BCBSRI) to provide wellness services. Wellness Premium Reward Program is subject to terms and conditions as set forth in applicable Sales Agreement between employer and BCBSRI. BCBSRI will issue a check for the premium reward payment within 90 days of the end of the plan year. The employer is responsible for any taxes imposed on the employer for the premium reward, if applicable. If the employer terminates coverage prior to the end of the plan year, a premium reward will not be paid. BCBSRI reserves the right to modify or terminate the BCBSRI Wellness Reward Program with prior written notice. Premium reward percentage values may be changed by BCBSRI with prior written notice at the beginning of any plan year.



500 Exchange Street • Providence, RI 02903-2699

Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.