

## Local Union 1033 – City & PSD 2019-2020 Wellness Program

**Earn a \$300/\$600 reduced co-share contribution in 2020!**

The City of Providence - Local Union 1033 Wellness Incentive Program is designed to reward Union members who adopt and maintain a healthy lifestyle and to assist them in achieving healthy living milestones. Eligible 1033 members who complete designated wellness requirements and activities in 2020 can earn up \$300 per employee (or \$600 for employee and spouse) in annual co-share credits.

### EMPLOYEES

#### Requirements:

Enroll in VP Portal  
Annual Well Visit\*  
Annual Dental Exam

+

#### 3 of the 7 Programs:

Enroll in Telemedicine (required)  
On-line Health Assessment  
Tracking Steps via device/phone  
Vision Exam  
On site health screening or  
physician form  
Nicotine Free Agreement  
Switch to Mail Order Rx

### SPOUSE

#### Requirements:

Enroll in VP Portal  
Annual Well Visit  
Annual Dental Exam

+

#### 3 of the 7 Programs:

Enroll in Telemedicine (required)  
On-line Health Assessment  
Tracking Steps via device/phone  
Vision Exam  
On site health screenings or  
physician form  
Nicotine Free Agreement  
Switch to Mail Order Rx

- Annual Well Visit includes Well-Woman Visit or Preventative Screening (Colonoscopy, Mammogram, PSA test, Pat test)

## **2019-2020 Wellness Program Details – “still being developed, this is an example -----**

The COP/Local Union 1033 Wellness Incentive Program is designed to help you become aware of your personal health and to participate in activities that encourage you to maintain and/or improve your health or live better with an existing medical condition. 1033 members can earn \$300/employee and \$600/employee + spouse in co-share credits each year all while moving toward meeting your health goals.

### **Wellness Program Plan Year 1 Kickoff**

- Your Wellness Plan Incentive Year is April 1 2019– June 30 2020. Your co-share reduction payments will begin with your first paycheck of September 2020 and continue for X pay periods

### **Wellness Program Plan Years 2**

- Your Wellness Plan Incentive Year is July 1, 2020 - June 30 2021. Your co-share reduction payments will begin with your first paycheck of September 2021 and continue for X pay periods

### **Tracking my Wellness Activities**

- You track your wellness activities by enrolling in the BCBSRI Virgin Pulse Wellness portal and selecting the COP/Local Union 1033 Wellness Program (see Virgin Pulse User Guide)