



YOUR WELLNESS REWARDS PROGRAM JANUARY 2021 – DECEMBER 2021



GET HEALTHY

Salve Regina University is pleased to offer Your Wellness Rewards Program for all employees again in 2021. Throughout the program, you will use the Tufts Health Plan online health portal to access multiple activities, tools, and resources that will help you set, track, and achieve your personal wellness goals. Between January 1st and December 15th, 2021 all employees can participate in any of the available activities to accumulate credits. Employees on the Tufts Health medical plan can qualify for the incentive noted below.

GET REWARDED

If you are enrolled in the Salve Regina University medical plan and complete any **four activities to earn 4 credits** during 2021, you will obtain a reduced employee healthcare contribution in 2022.

3 EASY STEPS TO PARTICIPATE

Step 1: Log into your Online Portal

Tufts Health Plan Members

1. Log into mytuftshealthplan.com. If you don't have an account, choose 'Register here' to create one.
2. Once logged in, click 'Start Living a Healthy Lifestyle' under 'Explore Health & Wellness Resources'

OR

1. Log into the Tufts Health Plan mobile app.
2. Click 'More'
3. Select 'Health & Wellness' and choose 'Start Living a Healthy Lifestyle'

* If you need assistance, please call Member Services at 800.462.0224

Non-Plan Members

1. Go to tuftshealthplanwellness.com
2. If you have an account, log in.
3. If you don't have an account:
 - + Click "Sign Up" in the upper right corner.
 - + In the registration dropdown box select 'with a Keycode,' and click register.
 - + Enter your keycode: **THPSRU16**
 - + Click validate.

* If you need assistance logging in as a non-member, please call 866.201.7919, option 7

Step 2: Complete any 4 activities of your choice to qualify for incentive

Once inside the portal, complete any 4 of the available activities to earn 4 credits. Locate activities by selecting **Rewards > Credits** in the top menu bar. The activities available on the portal are:

| ACTIVITY | CREDITS |
|---|---------|
| Wellbeing Assessment | 1 |
| Annual Well Visit form | 1 |
| Tobacco Free Affidavit form | 1 |
| Virtual Coaching | 1 |
| Lifestyle Coaching (Tufts Health Plan Members) | 1 |
| Fitness Tracker Challenge | 1 |
| Quarterly Wellness Challenge | 1 |
| Monthly Online Seminars | 1 |
| Healthwise Conversations | 1 |
| Condition Management (Tufts Health Plan Members) | 1 |
| Worksite Activity Forms | 1 |

Step 3: Congratulations!

Once you have completed 4 activities you have qualified for the incentive for 2022. But do not stop there! You may continue to use the health portal and take part in additional online challenges and programming. In addition, please be sure to access all wellness programs offered by Salve Regina University throughout the year.

The WBA is administered by Tufts Health Plan and your personal health information will be kept confidential in accordance with the Health Insurance Portability and Accountability Act (HIPAA). All employees age 18 and older are eligible to participate. After completing the WBA, you may be contacted by a lifestyle coach with the intent of helping you create and achieve your health goals. This is a free benefit and can be declined at any time.

Important Note: Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all similarly situated employees, regardless of health status. If you think you might be unable to meet a health contingent standard (i.e., a program that requires an individual to satisfy a standard related to a health factor to obtain a reward or requires an individual to undertake more than a similarly situated individual to obtain the same reward) under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Furthermore, if you are disabled, we will work with you to provide a reasonable accommodation to help you meet any standards (whether health contingent or not) under this wellness program. Contact Claudia Cavallaro, in Salve Regina Human Resources at 401-341-2332 and we will work with you (and if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.