

**Rewards for Wellness
Academic Year Payout Schedule 2009-2010
(only applicable to CCRI, RIC and URI)**

Rewards for Wellness Activities	Start-Finish	Incentive	Incentive Delivered	
			Full Year (\$25/pp)	Academic Year
1. Non-smoker: Signed affidavit do not smoke OR Complete smoking cessation counseling (minimum 5 sessions)	July 1 – Oct 9	\$100	Nov 13 Nov 27 Dec 11 Dec 25	Nov 13 \$25 Nov 27 \$25 Dec 11 \$25 Dec 25 \$25
2. Physical Activity Challenge (5 weeks)	Sept 14 - Oct 18	\$100	Jan 8 Jan 22 Feb 5 Feb 19	Jan 8 \$25 Jan 22 \$25 Feb 5 \$25 Feb 19 \$25
3. Complete Online Health Assessment	Jan 1 – Feb 5	\$75	Mar 5 Mar 19 Apr 2	Mar 5 \$37.50 Mar 19 \$37.50
4. Body Mass Index (BMI) or Body Fat Screening (at health fair)	Jan 1 – Mar 1	\$50	Apr 16 Apr 30	Apr 2 \$25 Apr 16 \$25
5. Cholesterol and Glucose Screenings (at health fair, single finger stick)	Jan 1 – Mar 1	\$100	May 14-holiday May 28-holiday June 11-holiday June 25 July 9 July 23 Aug 6	Sept 17 \$50 Oct 1 \$50
6. Blood Pressure \leq 140/90 mmHG OR Submit Physician Form	Jan 1 – June 1	\$75	Aug 20 Sep 3 Sep 17	Oct 15 \$37.50 Oct 29 \$37.50