



Fall 2011

**GOOD CENT\$
WELLNESS INCENTIVES
FOR YOUR
GOOD HEALTH**



Program	Description	Completion Date
Flu Shot	<p>Eligible employees must:</p> <p>Employees who participate in the University Flu Clinic on 10/7 or 10/11 must complete the Consent Form</p> <p>or</p> <p>Employees who receive the flu shot from their physician or an outside clinic must complete and submit an Influenza Vaccine Affidavit</p>	<p>Must be obtained and documented by December 31, 2011.</p>
Biometric Screening	<p>Eligible employees may obtain Biometric Screening at Benefits Fair</p>	<p>Must attend on November 9, 2011</p>
<p>Wellness Program Participation BCBSRI Good Health Programs Bryant University Wellness Programs</p>	<p>Eligible employees must participate in a minimum of two Good Cent\$ Wellness Programs <i>(more information coming soon)</i></p>	<p>Must be completed between October 1, 2011 - December 31, 2012 to receive credit.</p>

COMPLETION OF TWO OUT OF THREE PROGRAMS = \$ 25 CREDIT

Physical Activity Tracker	<p>Physical Activity Tracker Form will be available on Human Resources website</p>	<p>Must be submitted by December 31, 2011</p>
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COMPLETION OF 25 HOURS OF EXERCISE = \$25 INCENTIVE CREDIT

Incentive credit will be processed in January 2012 based on information received by Blue Cross Blue Shield of RI.

PLEASE NOTE: Only the names of eligible members who participated in the Bryant Good Cent\$ Wellness program will be shared with Bryant University. The Health Insurance Portability and Accountability Act (HIPAA), signed into federal law in 1996, sets national standards regarding security and privacy of a person's health information and defines provisions for electronic data interchange.



Frequently Asked Questions

What is the Bryant Good Cent\$ Wellness Program?

Bryant University Good Cent\$ Wellness Program was created to actively engage university employees through continued awareness, educational initiatives, and targeted wellness programs, and to improve the overall wellbeing of our community. Bryant also believes that healthy behaviors deserve to be rewarded.

Will my personal information be protected?

Your personal information is protected by state and federal laws. All individual personal health information, including Personal Health Assessment (PHA) data, will not be shared with Bryant University. Bryant University only receives aggregate reporting of group data and program participation information.

What is the maximum incentive credit that can be earned?

The maximum incentive per employee for the Fall is **\$50.00**. The credit will be applied to the employee's January 2012 paycheck based on participation.

Who is eligible to participate?

All Bryant University faculty and staff are eligible to participate in the Wellness Programs but only eligible members covered by BCBSRI will be eligible for the incentive credit. (Faculty and Staff who waive coverage, and members of the United Service and Allied Workers of RI are not eligible for the credit but are encouraged to participate in the programs).

Do I have to participate in all activities?

No. You will receive the credit for each activity you complete within the specified time frame.

What if I maintain a healthy lifestyle outside of work?

Bryant and BCBSRI have a physical activity tracker available (eligible employees only) that can be used to keep track of your physical activity. Information reported can be used towards your Wellness Program participation and the \$25 incentive credit.

How can I enroll in the Bryant Good Cent\$ Wellness Program?

Eligible employees may obtain a H.I.T.S. card in the Human Resources office or at the Bryant University Benefits Fair.

Do I have to participate?

Bryant Good Cent\$ is strictly voluntary. Employees are under no obligation to participate.