

**2025 GOOD CENT\$  
WELLNESS INCENTIVE  
PROGRAM**  
Get Healthy - Stay Healthy - Live Better

February 16, 2024

All Eligible Faculty and Staff,

Bryant University is excited to offer the 2025 Good Cent\$ Wellness Incentive Program. This program is designed to reward Blue Cross Blue Shield of RI (BCBSRI) members who adopt and maintain healthy behaviors as a way of life. Good Cent\$ Wellness strives to improve overall well-being, increase awareness of your own health status, and provide education and resources to help you get healthy, stay healthy and live better. Since its inception, the program has helped Bryant faculty and staff become more committed to their well-being.

Employees are eligible to receive a **\$300 discount** on their annual premium co-shares if they complete the following:

- **Annual well visit** between October 1, 2023 - September 30, 2024
- **Virgin Pulse Health Check Survey** between January 1, 2024 - November 30, 2024
- **Obtain an additional 3,500 wellness incentive points** between January 1, 2024 - November 30, 2024

Spouses/Domestic Partners are eligible to receive a **\$100 premium credit** if they complete the following:

- **Annual well visit** between October 1, 2023 - September 30, 2024
- **Virgin Pulse Health Check Survey** between January 1, 2024 - November 30, 2024
- **Obtain an additional 1,500 wellness incentive points** between January 1, 2024 - November 30, 2024

By engaging in well-being activities on the BCBSRI Virgin Pulse digital health platform, faculty, staff, AND spouses/domestic partners can also earn points for participating in various wellness programs for the chance to win prizes in quarterly drawings! Eligible employees and their spouse/domestic partner must first register on [www.join.VirginPulse.com/bcbsri](http://www.join.VirginPulse.com/bcbsri) or via the Virgin Pulse mobile app. Continuing this year, all users will have complimentary access to Wellbeats on Virgin Pulse for on-demand streaming of fitness, mindfulness and healthy cooking content. Register for an upcoming [Wellbeats](#) tour here.

Please note that providing you with incentive credits for your participation requires that BCBSRI gather some basic personal information. As in all Bryant wellness programs, your personal information is protected by State and Federal laws. All individual personal health information, including health check data, will not be shared with Bryant University. Bryant University only receives aggregate reporting of group data and program participation information.

If you have any questions, please do not hesitate to contact Human Resources at 401-232-6010 or [humanresources@bryant.edu](mailto:humanresources@bryant.edu).

Thank you.

Human Resources

# 2025 GOOD CENT\$ WELLNESS INCENTIVE PROGRAM

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## Overview

### Wellness Programs & Resources

As part of a strategic plan to create a happy, healthy and comfortable work environment while controlling health care costs for its faculty and staff, the Human Resources Office offers a wellness-focused initiative called the Good Cent\$ Wellness Program.

The program offers an optional incentive designed to reward Blue Cross Blue Shield of RI (BCBSRI) members who adopt and maintain healthy behaviors as a way of life along with initiatives including:

- ★ **Virgin Pulse Digital Health Platform plus Wellbeats Fitness, Nutrition and Mindfulness Streaming**
- ★ **Faculty and Staff Step Challenges**
- ★ **Complimentary use of Chace Wellness Center including group exercise classes**
- ★ **Annual Biometric Screenings at Benefits Fair**
- ★ **Monthly On-Site and Virtual Wellness Wednesdays**
- ★ **Monthly Monday Mindfulness Breaks**



## Wellness Incentive Details

### What Can you Earn?

Faculty, Staff, and Spousal/Domestic Partners covered on the University Health Plan can register for Virgin Pulse and complete requirements to earn financial incentives.

- **Employee: \$300 discount on 2025 BCBSRI Annual Premiums issued January 2025\*\***
- **Spouse or Domestic Partner: \$100 wellness credit to spouse's paycheck issued March 2025\*\***

REQUIREMENT	TIMEFRAME	VIRGIN PULSE POINTS Faculty or Staff	VIRGIN PULSE POINTS Spouse or Domestic Partner
Annual Well Visit or Preventive Screening*	October 1, 2023 to September 30, 2024	5,000 points	5,000 points
Virgin Pulse Health Check Survey	January 1, 2024 to November 30, 2024	1,500 points	1,500 points
Additional Virgin Pulse Points	January 1, 2024 to November 30, 2024	3,500 points	1,500 points
<b>TOTAL POINTS NEEDED</b>		<b>10,000 POINTS</b>	<b>8,000 POINTS</b>

\*Includes your annual no-cost PCP physical, a diabetes screening, PAP test, colonoscopy, mammogram, or PSA test. Preventive screenings may initially show up as 500 points but will be adjusted during end of year calibrations.

\*\*Employee Incentive will be applied to premium deductions from January 2025 to December 2025. PLEASE NOTE: Only the names and dates of service 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.

## BONUS Incentive!

Each quarter, your Virgin Pulse points add up and push you through 4 “Levels.”

With each Level earned at the end of the quarter, you’ll be entered in a raffle to win a gift card. The higher the level, the bigger the reward!

LEVEL 1	500 POINTS	\$25 GIFT CARD
LEVEL 2	5,000 POINTS	\$50 GFT CARD
LEVEL 3	10,000 POINTS	\$75 GIFT CARD
LEVEL 4	15,000 POINTS	\$100 GIFT CARD

## Get Started:

### Create a Virgin Pulse Account

To create an account visit [join.virginpulse.com/bcbsri](https://join.virginpulse.com/bcbsri) or scan the QR code on the right:



You can also download the Virgin Pulse mobile app in the app store - if prompted to select your sponsor choose Blue Cross Blue Shield of RI, **Note** your spouse or domestic partner must create their own account and have their own User ID and password.

Identity

**Complete the sign up info.\*** We'll ask for a few details about you and your sponsor organization to check your eligibility. Some of the fields may already be filled.

Agree

**Legal and privacy.** Review and agree to the rules, data collection and privacy policy.

Create

**Create your account.** Add your email, make a password and give us some additional details to customize your experience.

Finish

**You're all set.** Your account is ready. Click **Take Me There** to sign in.

### Sample Ways to Earn Virgin Pulse Points:

POINTS	ACTIVITY	TIMEFRAME
2,500	Dental Exam	October 1, 2023 - September 30, 2024
1,000	Nicotine Free Agreement	January 1, 2024 - November 30, 2024
500	Vision Exam (if using VSP, see HR for voucher)	January 1, 2024 - November 30, 2024
250	COVID Booster	Please provide HR with proof
250	Flu Shot	Please provide HR with proof
200	Wellness Wednesday Webinar Participation	January 1, 2024 - November 30, 2024
100	10,000 steps a day from synced device	January 1, 2024 - November 30, 2024
100	Challenge Participation	January 1, 2024 - November 30, 2024

### Good Cent\$ Employee Wellness Program

To learn more about the 2025 Good Cent\$ Wellness Program and the Wellness Incentive, visit <https://info.bryant.edu/human-resources>

For questions about the wellness program, email [humanresources@bryant.edu](mailto:humanresources@bryant.edu)

# Virgin Pulse

## Troubleshooting FAQ's

### **Q: I forgot my password. How do I reset it?**

You can go to the Virgin Pulse member login screen and tap “Forgot Password.” You will be asked to type in your username in order to receive an email from Virgin Pulse to reset your password.

### **Q: How do I log in to my Virgin Pulse account after registering?**

Your username will always be your email address. Simply enter your email and password into the fields provided at the sign in page.

### **Q: I registered but am unable to sign into my account**

For troubleshooting common issues, click here: <https://virginpulse.zendesk.com/hc/en-us/articles/4403276363412-Unable-to-log-into-my-Virgin-Pulse-account->

### **Q: How do I sync a device?**

Please refer to Devices & Apps under your profile picture in your Virgin Pulse account for a list of compatible devices (such as your Fitbit or Apple watch.)

### **Q: Can I change the language?**

The Virgin Pulse platform is available in 22 different languages, and the website makes it easy for you to select your preferred languages with a convenient drop-down menu on the registration and within your profile settings.

### **Q: Can I change the email preferences and notifications I receive?**

Yes, please go to app settings on your mobile device or your Virgin Pulse Profile settings on desktop until you see the preferences available.

### **Q: How do I redeem a points voucher?**

Go to the Rewards section and click "Redeem a Voucher."

### **Q: Who can help me with technical issues?**

If you're having technical issues, call the Virgin Pulse customer service line at 1-855-914-2478 or go to [support@virginpulse.com](mailto:support@virginpulse.com). Phone support representatives are available 8:00 a.m. – 9:00 p.m., EST, Monday through Friday. On-platform chat representatives are available 2:00 a.m. – 9:00 p.m., EST, Monday through Friday.

### **Q: Where can I go for more answers to commonly asked questions?**

Visit the Virgin Pulse support website at <https://virginpulse.zendesk.com/>