

# REWARDS FOR WELLNESS

## Earn up to \$100 co-share credit\*

Complete two Health Coaching Programs  
at [www.myuhc.com](http://www.myuhc.com) before May 31, 2009 to  
earn up to \$100 co-share credit  
(\$50 each program, maximum \$100)

**NOTE:** Each program has 5 levels and gives you one week to practice adopting the skills you learn before allowing you to move on to the next level. Therefore, each program takes 5 weeks to complete. You may take 2 programs at the same time.

See reverse side for instructions or go to [www.getfitri.ri.gov](http://www.getfitri.ri.gov) for more information.

\* All State employees are welcome to participate in Rewards for Wellness activities and screenings, but only employees paying the new co-shares for fiscal year 2009 are eligible to receive co-share credits.

