

# RU Well

## Rutgers Employee Wellness Incentive Program



Focusing on your health can be rewarding in more ways than one. Now, with the new **RU Well** initiative, you can not only reap the wellness benefits of a healthier lifestyle, but also a financial reward as well.

### What It Is

The Rutgers Employee Wellness Incentive Program (RU Well) is a pilot wellness program with existing State Health Benefits Program (SHBP) insurers, Horizon and Aetna. Developed by Rutgers University leadership and union representatives, and approved by SHBP, **RU Well** is designed to promote health and lower costs by providing financial incentives to you for “doing the right things” for better health.

### How It Works

The RU Well incentive program is **open to all Rutgers employees** and is based in two advanced **RUTGERS PREMIER** primary care (patient-centered medical home) practices: Family Medicine at Monument Square in New Brunswick, and Family Medicine at Monroe. The pilot program provides yearly cash value for meeting evidence-based metrics that have been proven to advance your health, whether you are already healthy or have common medical conditions that affect your health, such as diabetes, hypertension, or asthma.

Employees must commit to three years in the RU Well program and can achieve **up to \$750 per year (for individual employees) or up to \$1,500 per household** (employee plus one other family member/domestic partner) for meeting verified metrics. For example, you can earn \$250 the first year by visiting your primary care provider, completing wellness and screening activities (e.g., well visits, immunizations) and developing a care plan for the year. *(See reverse for more examples.)*

**RUTGERS PREMIER** physicians and staff will help guide you through the program while they care for you and your family! **It's just one more way that RUTGERS PREMIER provides value to you and your loved ones.**

**For more details, visit [rwjms.rutgers.edu/ruwell](http://rwjms.rutgers.edu/ruwell) or call your Rutgers Premier provider: 732-235-4183**

# RUTGERS HEALTH

*Rutgers, The State University of New Jersey*

# Meet the Metrics, Achieve Better Health, and GET REWARDED

Activity	Metrics	Value of Meeting Metrics
<ul style="list-style-type: none"> <li>• Visit Family Medicine at Monument Square or Family Medicine at Monroe for a Wellness Visit</li> <li>• Complete USPS Wellness &amp; Screening Activities, including childhood/adult immunizations</li> <li>• Develop Personal Care Plan for the year with your physician</li> </ul>	<ul style="list-style-type: none"> <li>• Evidence of visit*</li> <li>• Screening Activities completed*</li> <li>• Plan developed*</li> </ul>	<ul style="list-style-type: none"> <li>• Year 1 — \$250 (everyone eligible)</li> <li>• Year 2+ — \$250, or \$500 if no conditions below</li> </ul>
<b>Additionally, if you have:</b>	<b>And you meet the associated metric:</b>	<b>You will be eligible for:</b>
<ul style="list-style-type: none"> <li>• Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>• Hemoglobin A1-c <math>\leq 7^*</math></li> </ul>	<ul style="list-style-type: none"> <li>• \$250/year for one condition</li> <li>• \$500/year for two or more conditions</li> </ul>
<ul style="list-style-type: none"> <li>• Hypertension</li> </ul>	<ul style="list-style-type: none"> <li>• Blood pressure <math>\leq 140/90</math> under 65 years, <math>\leq 150/90</math> if 65 or older*</li> </ul>	
<ul style="list-style-type: none"> <li>• Coronary Artery Disease</li> </ul>	<ul style="list-style-type: none"> <li>• LDL Cholesterol <math>&lt; 100^*</math></li> </ul>	
<ul style="list-style-type: none"> <li>• Asthma/COPD</li> </ul>	<ul style="list-style-type: none"> <li>• Medication adherence*</li> </ul>	
<ul style="list-style-type: none"> <li>• Smoking Addiction</li> </ul>	<ul style="list-style-type: none"> <li>• Smoking cessation*</li> </ul>	
<ul style="list-style-type: none"> <li>• Alcohol Dependence</li> </ul>	<ul style="list-style-type: none"> <li>• Adherence to counseling visits**</li> </ul>	
<ul style="list-style-type: none"> <li>• Substance Addiction</li> </ul>	<ul style="list-style-type: none"> <li>• Adherence to counseling visits**</li> </ul>	
<ul style="list-style-type: none"> <li>• Overweight/Obesity</li> </ul>	<ul style="list-style-type: none"> <li>• Achieve BMI <math>&lt; 30^*</math></li> </ul>	

\* PCMH Provider verification

\*\* Behavioral Health Provider verification

**To sign up for RU Well, call your RUTGERS PREMIER provider at 732-235-4183 or visit [rwjms.rutgers.edu/ruwell](http://rwjms.rutgers.edu/ruwell)**