



# TAKE CARE. GET REWARDED.

Get rewarded for the healthy actions you take.  
The more you do, the more you earn.



HEALTHY YOU. HAPPY WALLET.

Cigna MotivateMe Program®

Together, all the way.®





## Cigna MotivateMe Program®

MotivateMe is an incentive program that helps you change unhealthy behaviors and rewards you for it. And that's important, because taking healthy actions will help reduce your risk of illness, disease and costly medical treatment. With MotivateMe, you'll work toward achieving real results that mean a real, healthy change for you.

Take care with things like a health assessment or biometric screening and you may earn awards,\* such as lower plan premiums or deposits into your health fund account or paycheck. The more you do, the more you earn. Of course, the best reward is your good health.

### A uniquely personalized experience

Anyone who's ever tried to undo a bad habit or maintain a new, healthy one knows how hard it can be. It takes time, determination and, sometimes, your own personal cheering section.

To help make it easy, our health coaches and customer service representatives will be there to support you throughout - online or by phone. We'll remind you about which health and wellness activities and programs you're eligible for, suggest helpful online resources like our MotivateMe incentive page, and encourage you - from start to finish.

### I'm ready. How do I start?

Visit [myCigna.com](https://myCigna.com) > Incentive Awards Program

There, you'll find:

- A list of available healthy actions and goals
- Details on how to get started
- Instructions on how to earn and redeem your rewards



**You can also view your incentives information by downloading the myCigna Mobile App.\*\***

\*Incentive awards may be subject to tax; you are responsible for any applicable taxes. Please consult with your personal tax advisor for assistance.



# COMPLETE START UP GOALS

You must complete these goals before any others to earn incentive awards.

Step 1: Earn 400 points towards a premium rebate by receiving a biometric screening and completing your health risk assessment on myCigna.com.

Step 2: Earn additional \$600 towards your premium rebate by earning 600 points through the wellness activities listed below.

For all participants - If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Cigna at 1.800.Cigna24 and they will work with you and, if you wish, with your doctor.

For participants who may have an impairment - If you are unable to participate in any of the program events, activities or goals, because of a disability you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards. For accommodations with online, phone or other Cigna programs, please contact Cigna at 1.800.Cigna24.

All goals must be completed between 11/1/2021 - 10/31/2022 to be awarded towards the 2023 medical premium.

Goal type	Description	Award type
<b>Start Up Goal</b> Get a personalized health assessment	A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health.	100 pts
<b>Start Up Goal</b> Get a personalized biometric screening	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.	300 pts
Achieve a healthy blood pressure level of less than or equal to 139/89	Get a blood pressure test.	75 pts
Achieve a healthy total cholesterol ratio	Visit your doctor for a cholesterol test. High cholesterol increases your risk for heart disease.	75 pts
Achieve a fasting blood sugar level less than 100 OR non-fasting blood sugar level less than 140	High blood sugar (hypoglycemia) can lead to diabetes and other health problems.	75 pts
Achieve a healthy waist size	Waist size, or waist circumference, can be an indicator of increased health risks for conditions such as Type 2 diabetes, high blood pressure, high cholesterol and heart disease.	75 pts
Complete my annual physical (preventive exam)	A preventive exam that's used to reinforce good health, address potential and chronic problems.	100 pts
Get my annual OB/GYN exam (preventive exam)	A preventive exam that can identify early ovarian and cervical cancers, HPV (human papillomavirus), breast cancer and more.	50 pts
Get a flu shot	The flu is not just a nuisance-it can lead to more serious health issues. Help protect yourself and others around you.	25 pts
Get a mammogram (preventive exam)	Breast cancers can be found using mammogram tests. Get tested and earn awards.	50 pts

Goal type	Description	Award type
Get a colon cancer screening (preventive exam)	Colon cancer can be treatable when detected early. Get tested.	50 pts
Get a cervical cancer screening (preventive exam)	Pap and HPV tests can detect changes that lead to cervical cancer.	50 pts
Get a prostate screening	A prostate screening can detect changes that lead to prostate cancer.	50 pts
Make progress towards or achieve a personal health goal	Talk with a trained health coach to set a personal health goal and make progress toward or achieve it.	200 pts
Talk to a coach to improve a lifestyle habit	Tired of one-size-fits-all “healthy lifestyle” activities? Work one-on-one with a health coach to set and achieve realistic goals. Stress, weight or tobacco.	200 pts
Work with a Case Manager to coordinate your care	Work one-on-one with a Case Manager to understand your condition and get help with coordinating care and treatment options, so you can focus on getting better. If you qualify, a case manager will contact you.	200 pts
Complete 16 lessons of the 16-week Cigna Diabetes Prevention Program	More than 1 out of 3 people are at risk for diabetes. Are you? This online program, available through Cigna, in collaboration with Omada, helps you make lifestyle changes that can reduce risks. Get started now.	100 pts
Reduce your weight by 5% with the Cigna Diabetes Prevention Program	This online program offers support for healthy weight loss and better nutrition, which helps reduce the risk for developing diabetes. Available through Cigna in collaboration with Omada. Get started now.	100 pts
Improve your nutrition	Eating healthy is essential to your overall well-being. Get your nutrition back on track today.	25 pts
Exercise for better health	Good fitness is important for better focus, higher energy, and overall happiness.	25 pts
Maintain a positive mood	Track your moods to better understand how they affect your overall well-being.	25 pts
Work towards a healthier weight	Losing even a small amount of weight can help improve your health in many ways.	25 pts
Manage your stress	Stress is unavoidable, but we can help you manage it.	25 pts
I took part in physical activity	Submit your gym tracking form.	25 pts (frequency of 4)
Get connected! Have fun and earn rewards on Apps & Activities	Explore popular health devices and apps to help you stay motivated and challenge yourself. Earn 1,000 points and get an award.	50 pts (frequency of 4)
Get a skin cancer screening	It is important to have skin cancer screenings done on a regular basis.	50 pts
Get a preventive dental exam	Oral health is important to your overall health.	50 pts (frequency of 2)
Covid vaccine	Staying current with vaccinations is important to your overall wellness.	50 pts
Complete a vision screening	Maintain proper eye care.	50 pts
I participated in One Guide	One Guide is available 24/7	25 pts

Goal type	Description	Award type
Cigna Fitness Challenge	Participated in the Cigna Fitness Challenge	100 pts
Participate in an oniste or virtual event	Participated in a Movement Mortgage hosted event.	50 pts (frequency of 8)
Virtual Health Fair	Participated in the Virtual Health Fair	20 pts (frequency of 5)



Please consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc. Amazon, Kindle, Fire and all related logos are trademarks of Amazon.com, Inc. or its affiliates.

\*If your employer offers gift card incentives, refer to the relevant merchant for additional terms and conditions which may apply to your use of any gift card. Cigna is not responsible for lost or stolen gift cards. Incentive awards may be subject to tax; you are responsible for any applicable taxes. Please consult your personal tax advisor for assistance.

\*\*The downloading and use of the myCigna Mobile App is subject to the terms and conditions of the App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, and HMO or service company subsidiaries of Cigna Health Corporation, including Cigna HealthCare of Arizona, Inc., Cigna HealthCare of California, Inc., Cigna HealthCare of Colorado, Inc., Cigna HealthCare of Connecticut, Inc., Cigna HealthCare of Florida, Inc., Cigna HealthCare of Georgia, Inc., Cigna HealthCare of Illinois, Inc., Cigna HealthCare of Indiana, Inc., Cigna HealthCare of St. Louis, Inc., Cigna HealthCare of North Carolina, Inc., Cigna HealthCare of New Jersey, Inc., Cigna HealthCare of South Carolina, Inc., Cigna HealthCare of Tennessee, Inc., and Cigna HealthCare of Texas, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

890250a 09/18 © 2018 Cigna. Some content provided under license.