

2018 - 2019

# 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®

This incentive program 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 this program, 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 costs/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 incentive awards page, and encourage you - from start to finish.

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

Visit [myCigna.com](http://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.\*\*



# COMPLETE START UP GOALS

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

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 the number on the back of your ID card 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 work-site accommodations please contact your employer's HR administrator.

**Awards are available to primary insured employees and retirees on the MEUHP medical plan.**

Goal Type	Description	Frequency	Gift Card Reward	Timing
Start Up Goal Get a personalized biometric screening	Know your numbers. Complete blood pressure, cholesterol, blood sugar and body mass index (BMI) screening.	1x	\$50	07/01/18-06/30/19
Start Up Goal Complete the Cigna online health assessment	A confidential questionnaire that asks you about your health and well-being and provides a personalized assessment of your current health.	1x	\$50	07/01/18-06/30/19
Complete my annual physical OR Routine OB/GYN Exam	Annual Physical - A preventive exam used to reinforce good health, address potential and chronic problems. OR Routine OB/GYN EXAM (Well-Woman Exam) A preventive exam that can identify early ovarian and cervical cancers, HPV (human papillomavirus), breast cancer and more. <i>(Award can be earned for completion of (1) preventive exam, not both)</i>	1x	\$50	07/01/18-06/30/19
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.	1x	\$200	07/01/18-06/30/19
Talk to a coach and achieve a goal to overcome a chronic health problem	Work one-on-one with a health coach on a long-term health problem such as congestive heart failure, depression, diabetes, low back pain, etc.	2x	\$100 each, \$200 max	07/01/18-06/30/19
Speak with a coach starting in your 1st trimester and after your baby is born	Get support and guidance starting in your 1st trimester and after your baby is born. <i>(Available to employees and spouses on the medical plan and can be earned prior to start-up goal completion)</i>	1x	\$150	07/01/18-06/30/19
Speak with a coach starting in your 2nd trimester and after your baby is born	OR Get support and guidance starting in your 2nd trimester and after your baby is born. <i>(Available to employees and spouses on the medical plan and can be earned prior to start-up goal completion)</i>		\$75	07/01/18-06/30/19

To view and redeem awards: Login to myCigna.com and click on the 'My Health' tab, then click 'Incentives'. From this page you can view awards available, earned, and redeemed. To redeem your gift card(s), click on the 'Redeem your dollars' link in the top right corner of the page. This will take you to the Hallmark redemption page where you can choose your gift card.



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. Blackberry and Blackberry World are trademarks or registered trademarks of BlackBerry Limited, the exclusive rights to which are expressly reserved. Cigna is not affiliated with, endorsed, sponsored, or otherwise authorized by BlackBerry Limited

\*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.

890250 07/16 © 2016 Cigna. Some content provided under license.